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MAËLLE STORM

SEAN KILPATRICK/THE CANADIAN PRESS

Maëlle Ricker celebrates her gold medal win yesterday after the women's snowboard cross final at Cypress Mountain during the Olympic Winter Games. More coverage, pages 6, 12, 20, 21

McGuinty defends raw milk appeal

COURT The province is right to appeal a verdict in favour of raw milk crusader Michael Schmidt because of ongoing public health concerns, Premier Dalton McGuinty said yesterday, while the farmer called the move another example of a government intent on interfering with personal freedoms.

The government is appealing last month's decision by a justice of the peace to dismiss 19 charges against Schmidt of violating the Health Protection and Promotion Act. THE CANADIAN PRESS

Mafia rivalry?

Cops probing possible turf war between T.O., Montreal

Could a fiery turf war be erupting between the Toronto Mafia and its brethren in Montreal?

Montreal police say that's one hypothesis they're examining as they probe a rash of firebombings that have targeted mainly Italian establishments in their city.

Deputy police Chief Jacques Robinette, head of special investigations, said yesterday the last arson incident dates back to Jan. 25, but there's no evidence the attacks are over.

"There are a lot of hypotheses that have been put out there," Robinette said after a news conference on street gang activity in Montreal.

"There is the hypothesis of two different Mafia clans, two Mafia clans of the same background, Mafia versus street gangs, and it's possible that all of those hypotheses could be right, too."

One of those theories is that Calabrian Mob groups based in Toronto could be trying to gain a foothold against Montreal's destabilized Sicilian clan.

THE CANADIAN PRESS

Theories

- Montreal deputy police Chief Jacques Robinette said no theory has been discounted, while a team of more than 20 investigators of major crimes, arson, and street gangs looks into the cafe attacks.

Boss slapped with $25K fine for racist comments

RIGHTS The words were shocking and so unfamiliar that Cheryl Khan's friends could not believe her boss used them.

"Paki," he called her, according to Khan's testimony before the Ontario Human Rights Tribunal. "Half-nigger babies," he said of her two little boys. "That's what you get for sleeping with a nigger."

In his decision, tribunal adjudicator Eric Whist accepted Khan's testimony, slamming her former employer, Lynn Tompkins of Lynx Trucking Transportation in Rexdale, with a $25,000 fine along with an order that he create an anti-harassment policy and undergo training himself.

During the hearing, Tompkins said he was a tough boss, and yelled and swore at his employees, but denied using racist words. TORSTAR NEWS SERVICE

News on the Move

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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

- **Today — World is catching up to Canada on the curling sheet, page 20**

On the web

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News in brief

TORONTO 18 A judge has ruled a man found guilty of terror offences as part of the so-called Toronto 18 was not entrapped. Shareef Abdelhaleem, 34, was found guilty last month of participating in a terrorist group and intending to cause an explosion. No conviction was entered because his defence brought a motion seeking a stay on the basis of entrapment. Yesterday, a judge told a Brampton court that entrapment was not an issue in the case. THE CANADIAN PRESS

Tomorrow's Metro

Comment

Steve Collins writes about the modern Canadian relationship in Relating.

metronews.ca

WHAT'S ONLINE TODAY

Video Canadian halfpiper Jeff Batchelor breaks down killer tricks, with the help of an action figure at metronews.ca/canada

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Cats saved from 'horrifying' home

28 felines rescued in Etobicoke Humane Society's largest intervention

A central Etobicoke house with 28 cats and kittens was "like a big litter box" reeking of strewn feces, urine and rotting garbage along with "more cockroaches than I'd ever seen," an animal cruelty investigator said.

The weekend intervention at the home was the largest single round-up of cats ever by the Etobicoke Human Society, said Jerry Higgins, who called the conditions "horrifying."

"I could hardly breathe when I got into the door," he said yesterday, three days after the rescue.

> **"There were cockroaches everywhere, and as we started to catch cats, more cockroaches appeared. It was horrifying to see them all over the walls and floors."**
> Jerry Higgins, Etobicoke Humane Society

Higgins said it took about six hours to round up the cats, who were all filthy and smelled bad. A six-member Toronto Humane Society team assisted.

Higgins wouldn't identify the house's address or the senior and her adult daughter who live there. He said neighbours had been complaining about the foul smells coming from the house for about a year. Eventually they contacted the humane society.

"There were cockroaches everywhere, and as we started to catch cats, more cockroaches appeared. It was horrifying to see them all over the walls and floors," said Higgins, who bleached his boots afterwards. Toronto Humane Society officers also wore protective clothing and masks.

Higgins said their first concern was to "save those little souls."

Most seemed to be in good condition, "considering the horrific conditions and the garbage and filth they were living in."

The cats were taken to the Etobicoke shelter, cleaned up, treated by vets and will be put up for adoption. Some of the little ones had respiratory infections.

Higgins said it's not likely charges will be laid against the occupants, who told him they'd taken in a stray male and female some time ago. TORSTAR NEWS SERVICE

Eight pedestrian deaths a blip, committee told

COMMITTEE A rash of pedestrian deaths over a two-week period in January was not caused by anything specific, said Sgt. Tim Burrows.

The victims were from every age group over 25, the collisions occurred at all times of day, all over the city and during varying weather conditions.

20
Pedestrian deaths in the city are down 20 per cent over the last 20 years says Sgt. Tim Burrows

"That's why you cannot put a lot of weight into that two-week period. You can put weight to the fact that the number of pedestrians deaths are down (about 20 per cent) over the past 20 years," Sgt. Tim Burrows told the city's Pedestrian Committee yesterday.

It was the first time the group had met since the string of deaths in late January. In a 13-day span, eight people were killed.

Typically, said Burrows, there are certain patterns. Most deaths occur out of the core, and more than half of all pedestrian deaths involve seniors over 65.

"In this case, it was only 20 per cent," he told the committee. "It was against the norms for everything, which basically says it was a spike."

Similar blips can be seen every few years, he said.

Burrows was also asked to explain a decision to stage a media event at Union Station late last month, where officers handed out tickets to jaywalking pedestrians.

"I'd do it again in a heartbeat," he said, after acknowledging the criticism. "It got the word out." TORSTAR NEWS SERVICE

Fat Tuesday **Carnival kicks off**

BILL HABERTH/THE ASSOCIATED PRESS

Mary Truenner, of Toronto, wears a Mardi Gras mask during the beginning of the carnival celebration in New Orleans yesterday.

Giambrone returns to work

CITY HALL Adam Giambrone returned to city hall yesterday for the first time since a sex scandal forced him to drop his mayoral dreams.

Dressed sharply, but looking haggard, the 32-year-old spent most of the morning in his office. Aides said he was booked with meetings for most of the day.

Shortly before noon, Giambrone — who reportedly spent part of last week in Paris with his live-in girlfriend, Sarah McQuarrie — rushed out of his office with an assistant.

He waved and said hello politely.

"Sorry, I don't have any comments," he replied, when asked about the budget and being back at work.

Giambrone says he will remain as TTC chair. It is unclear whether he will seek re-election in Ward 18. TORSTAR NEWS SERVICE

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Fox eats farm animals, man seeks compensation

An Essex resident is calling on the town to create a bylaw to protect farmers from loss of livestock to wild predators. Ken Colenutt says a fox killed 500 of his pheasants last month, and that cost him $6,800. Under provincial legislation, he can receive up to $1,000 from the municipality to cover losses. THE CANADIAN PRESS

City proposes property tax hike

Toronto's proposed 2010 budget includes a property tax hike of four per cent as well as new user fees meant to narrow its $382-million shortfall.

The tax hike matches last year's four per cent increase.

It means a home worth $407,374, the average price in Toronto, will be hit with an extra $93 in property taxes.

Property taxes make up 39 per cent of the revenue for the city's $9-billion budget.

Mayor David Miller notes that despite the rate jump, Toronto still pays the lowest property taxes of any other municipality in the 905 region.

But critics say a house in the suburbs will likely be situated on a much larger property.

Aside from the property tax hike, the city also wants to increase user fees and impose new costs for city-run services and facilities.

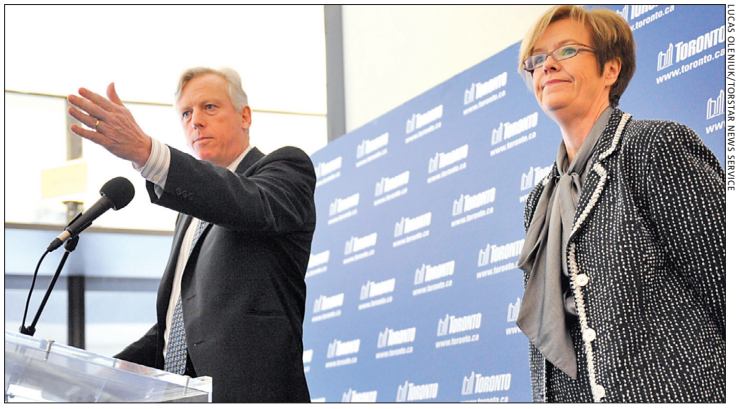
That includes a one-time charge of $50 per family to sign up for recreation programs.

Coun. Doug Holyday was quick off the mark to say this is no time to ask people for more money

Each city department has also been asked to cut spending by five per cent in order to help the city meet its goal of reducing its budget by 10 per cent over two years.

City council will debate the final 2010 operating budget at a council meeting scheduled for April 15 and 16.

THE CANADIAN PRESS



LUCAS OLENIUK/TORSTAR NEWS SERVICE

Mayor David Miller and Shelley Carroll, city budget chief, answer questions yesterday after introducing the staff-recommended 2010 operating budget inside Toronto Council Chambers.

The chopping block

Some proposed cuts to city services

- Eliminating Saturday service at Toronto courts and reducing weekday hours, closing at 4:30 p.m. instead of 5 p.m.
- Eliminating in-person front counter service at the front desks of City Hall and civic centres. Residents will have to use kiosks and the 311 information line instead.
- Reducing maintenance of facilities within parks.
- Eliminating the door-to-door pet licensing program, with pet owners registering and renewing online.
- Reducing Sunday hours at 27 of the 99 library branches for five weeks in the fall.
- Reducing enforcement of the temporary sign bylaw.
- Reducing overtime for fire services communications and marketing, fundraising and fire prevention units.
- Reducing staff bylaw enforcement through "increased productivity."
- Shaving $5.9 million from the Toronto Police Service's proposed budget.
- Reducing council staff salary budgets by $338,000 by not hiring to fill vacant positions.
- Reducing advertising and promotion costs of the Live-Green program.

TORSTAR NEWS SERVICE

Recreation, parking fees set to increase

BUDGET The city says it will get an extra $13 million in user fees this year, $9 million of it in increases and new fees. A complete list is expected to be released tomorrow.

Here are some that were revealed yesterday:

- People who call in false fire alarms will be hit with a recovery fee of $350 per vehicle dispatched. Previously, people were allowed one false alarm and charged only for repeat offences.
- Families registering with the city so they can sign up for recreation programs will be hit with a one-time $50 fee starting May 1, raising $1.5 million. Families already registered with the city will not have to pay the fee.
- The annual cost of an on-street parking permit goes from $143.40 to $157.74.
- The fee to get a front-yard parking pad will rise, but no firm numbers were given yesterday.
- Costs for recreation programs are going up including the 12-week adult aquatic pass, which goes up $6.30 to $192.97.
- A drop-in swim fee will be imposed at city pools of $1 for children and youth, $2 for adults and $5 per family.
- Other recreation fees to rise include gym rentals, family pass swim programs and "nominal participation fees" for some sports. The city has programs to help low-income users.
- Companies that make road cuts for natural gas, sewer and other reasons will start having to pay the city's cost of fixing the road afterwards, at an average of $20 per square metre.

TORSTAR NEWS SERVICE

Pickering nuclear station will close in 10 years, utility says

POWER Ontario Power Generation yesterday confirmed it plans to shut down Pickering's nuclear station within a decade, but will spend $300 million to keep it open for another 10 years.

When the Pickering plant is decommissioned, staff will have an opportunity to bid on jobs at the Darlington nuclear station. Both nuclear plants are in Durham region, east of Toronto.

Ontario Power Generation also said it will proceed with a detailed planning phase for refurbishment of the Darlington nuclear station, with construction expected to begin in 2016.

The government-owned utility says the next phase for Darlington will include an environmental assessment and an integrated safety review to define the scope, cost and schedule of the project.

Critics say the decision to shut the Pickering plant shows nuclear power stations are too expensive to run.

THE CANADIAN PRESS

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Former top military chaplain faces sex-related charges

The former head of the military chaplaincy is facing sex-related charges, including "buggery" and indecent assault on a male. Retired brigadier-general Roger Bazin will face trial in the civilian court system on the charges stemming from his time as padre at Canadian Forces Base Borden, north of Toronto, in 1972. THE CANADIAN PRESS

Canada

Accutane dangerous: Health Canada

Health Canada said yesterday that rare but potentially deadly skin reactions have been reported with the use of Accutane for the treatment of severe acne. The agency said there have been "very rare" reports of severe skin reactions linked to Accutane that can result in hospitalization, disability or even death. Anyone currently taking or recently on Accutane should stop the drug and see their doctor immediately if a rash, peeling skin or blisters develop, the agency said. THE CANADIAN PRESS

Worst Games ever? Not so, says COC

VANCOUVER
2010 **Games**

Olympic officials are dismissing suggestions from British media that the Vancouver Olympics are among the worst Games in history.

Earlier this week Britain's Guardian newspaper carried a story on its website with the headline: "Vancouver Games continue downhill slide from disaster to calamity."

The Games opened on the same day that a Georgian luger was killed in a training accident while weather issues have forced delays and cancellations in Whistler and Cypress. Even ice resurfacers have broken down at the Richmond speedskating oval.

Game officials were also forced to close the general admission section of the snowboarding venue because wet weather rendered the area unsafe. There have also been transportation issues.

But International Olympic Committee spokesman Mark Adams says he believes the Games have been very well organized, and a VANOC spokesman says they are dealing with cards they've been dealt.

Canadian Olympic Committee president Michael Chambers agrees that these are still great Games despite the problems. He adds Vancouver residents and Canadians in general have embraced the Olympics and media critics are not experiencing the same Games as he is.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Margaret Conklin, of New York, sits through a delay as fog shrouds the venue and heavy rain falls prior to the women's snowboard cross competition at the Olympics yesterday.

Weather cancels events

- More Olympic standing room tickets for snowboard and ski cross events have been cancelled as rain continues to turn the troubled venue into a muddy mess. Another 20,000 ticket holders won't get to see the events they planned after Vancouver Olympic organizers announced that the continuing rains have made the standing-room area unsafe.

MLAs told to 'use or lose' expense funding, says disgraced politician

PAUL MCLEOD
Metro Canada

SCANDAL Former Tory MLA Len Goucher says MLAs were told to max out their expense accounts.

"I'm not going to mince words, we were urged to use it or lose it," Goucher was quoted on Global TV telling a news conference yesterday. "I guess it would be fair to say I was naïve in following that advice."

The top spender identified in the MLA expense report told Global, News 95.7 and The Weekly News that he would not apologize for his purchases. Goucher is refusing to speak with any other media outlets.

"I didn't give you any (notice) because I only invited certain people that were decent to my family and my name and the ones that I felt probably should have it. And those were three that I invited and that was the end of it," Goucher told Metro News when reached by phone.

He then said "I'm very sorry. Anyway, you have a good day," and hung up.

In what he called his last conversation ever with media, Goucher said he has been unjustly turned into a pariah and cannot walk his dog or get groceries without people leering or taunting him, reports The Weekly News. Goucher insisted everything he bought was legitimate.

Goucher expensed 12 printers, 11 computers, five cameras and four video recorders over three years. His $38,694 in total assets led all MLAs. He admits his grandson owns the Dance Dance Revolution game he expensed to taxpayers, but said he had no idea how it got on the list.

Vancouver **A very, very big Games fan**

DOUG IVES/THE CANADIAN PRESS

Women jog past an inukshuk sporting red Canada Olympic mittens on the waterfront at English Bay in Vancouver yesterday.

Taxpayers need price tag for nuclear plant reno, critics say

POWER Ontario is keeping taxpayers in the dark over plans to refurbish the Darlington nuclear power plant without a firm price tag yet, critics say.

The concerns were raised yesterday when the province confirmed the move to refurbish the 20-year old plant, extending its life to about 2050, and to give the nearby Pickering plant $300 million in upgrades to keep it running another 10 years.

Details on costs will be finalized over the next few years, following an environmental assessment of the plan and studies of the plant to determine the scope of the project, he added.

The refurbishment is slated to begin in 2016.

But without cost estimates on the Darlington refurbishment, New Democrats questioned how the government knows it is the most cost-effective way to ensure long-term electricity supply over other alternatives such as conservation and green power like solar and wind turbines.

"You don't make a multi-billion dollar decision based on a guess," said New Democrat MPP and energy critic Peter Tabuns (Toronto-Danforth).

TORSTAR NEWS SERVICE

News in brief

PETS Airline passengers with pet allergies should not be forced to share cabin space with dogs and cats, says an editorial yesterday in the Canadian Medical Association Journal. Last summer, Air Canada changed its policy to allow cats and small dogs to travel in the cabin, aligning itself with a WestJet policy. But the Canadian Transportation Agency has received several complaints about the furry four-legged travellers. THE CANADIAN PRESS

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Fake news pundit Stephen Colbert arrives in B.C. to take aim at Canadian "syrup-suckers." Scan this code for the story.

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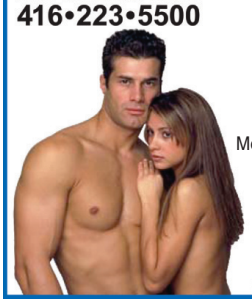

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ISPs to duke out 'fastest' claims

WEB Rogers Communications Inc. plans to defend in court its advertising claims of having the "fastest and most reliable" Internet network in Atlantic Canada.

Regional telecom company Bell Aliant is asking a New Brunswick court to stop Rogers from making the claims about its high-speed Internet service.

Rogers spokeswoman Odette Coleman says Rogers' advertising is based on independent testing in Atlantic Canada.

Coleman says the testing shows that Rogers' high-speed Internet customers benefit from the fastest and most reliable web speeds.

Bell Aliant says the claims are misleading, describing its own broadband service as the most advanced and the fastest.

Neither side's claims have been proven in court.

THE CANADIAN PRESS

Global business analysis: ***Tuesdays*** *Only in Metro!*

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Tories have slight edge on Liberals: Poll

A new poll suggests Conservatives and Liberals are locked in a tug-of-war for voter support. The Canadian Press Harris-Decima survey gives the Tories a slight edge at 32 per cent to the Liberals' 30 per cent. The results suggest Tory support has stabilized while the Liberals have dipped two points since the end of January. THE CANADIAN PRESS

Ombudsman doubts police can investigate themselves

QUEBEC A devastating report from a Quebec ombudsman says there's little evidence police officers can fairly investigate themselves.

Raymonde Saint-Germain says she's detected serious errors and signs of bias in cases where police are investigated in Quebec.

She expresses doubts about the partiality of police work in cases involving other officers.

The provincial government official wants to see a new special investigations unit, run mainly by civilians, in cases where police are investigated.

As it stands, when a Quebec cop is involved in a death, serious injury or injury caused by a firearm, the file is handed to another police force for study.

Inquiry

- The shooting of teen Fredy Villanueva triggered a riot in Montreal North, and is now the subject of a public inquiry.

Police have always defended the current system.

Saint-Germain began her study after the fatal shooting of Montreal teen Fredy Villanueva, killed during a 2008 scuffle while police were trying to arrest his brother.

She noted the officers involved in that incident, unlike other parties involved in shootings, were not immediately separated to prevent them from co-operating on their story.

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

Prime Minister Stephen Harper talks with a man receiving treatment yesterday at a Canadian medical clinic in Jacmel, Haiti.

Harper touts military buys

During a tour of Haitian disaster zones, Prime Minister Stephen Harper touted his government's military purchases and cited current relief efforts as evidence his approach worked.

The prime minister used an address to soldiers in the town of Leogane, vast swaths of which were reduced to rubble a month ago, to stress his refurbishment of the military.

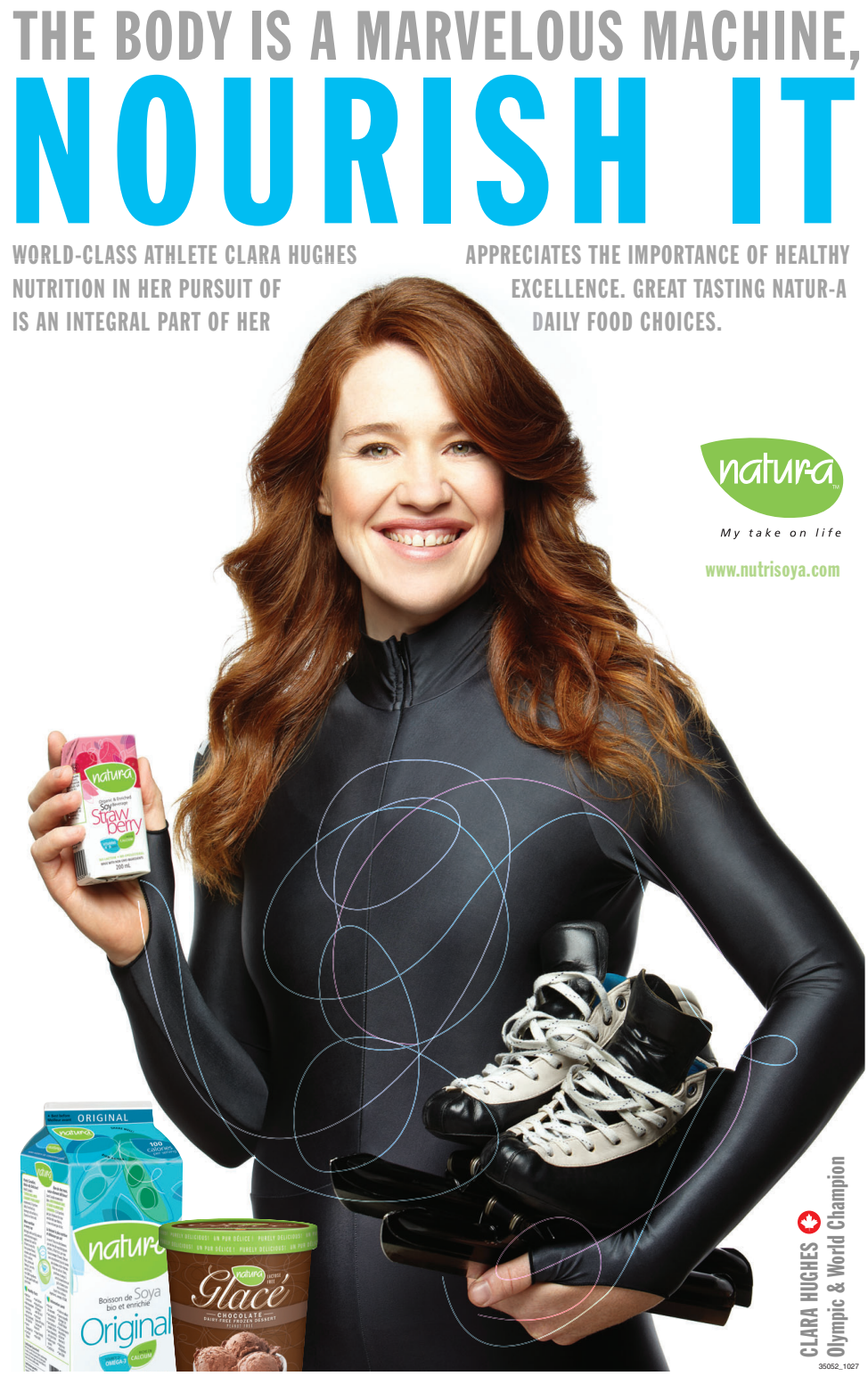
He singled out the purchase of C-17 transport planes for particular praise, saying those new vehicles helped fly troops and supplies to Haiti almost immediately.

Harper delivered that speech after touring the ruins of a collapsed school that was about to be demolished yesterday. Nobody in the building died in the quake.

"The entire planet has been able to witness that Canada is now a major actor when it's time to intervene in natural disasters," Harper said in yesterday's speech.

"Everyone saw that Canada has the equipment, the know-how, the capacity, and the personnel to intervene quickly."

THE CANADIAN PRESS



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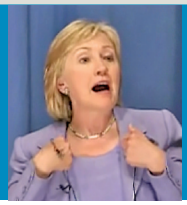
Bell service just got better

Iraq remains most at risk for terrorism: Report

Iraq is the country most at risk from terrorist attacks for the second straight year, according to a ranking by global analysts Maplecroft, while Thailand has joined the nine countries most in danger for the first time. THE ASSOCIATED PRESS

World



Clinton raises arms race spectre

If Iran gets a nuclear weapon it could trigger a nuclear arms race in the Middle East, U.S. Secretary of State Hillary Clinton said yesterday. Clinton, speaking at a women's college in Saudi Arabia said that Iran's secret construction of a uranium enrichment facility was an example of how Iran had violated its obligations to not pursue nuclear weapons.

THE ASSOCIATED PRESS

Taliban leader's arrest sparks hope

PAKISTAN The capture of the Afghan Taliban's No. 2 commander by a joint CIA and Pakistani team dealt a fresh blow to insurgents under heavy U.S. attack and raised hopes that Pakistani forces are ready to deny Afghan militant leaders a safe haven. Mullah Abdul Ghani Baradar's arrest in Karachi may also push other insurgent leaders thought to be sheltering on the Pakistani side of the border toward talks with the Afghan government — a development increasingly seen as key to ending the war.

THE ASSOCIATED PRESS

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Cold didn't stop thousands from packing the streets with booze and beads as New Orleans marked Mardi Gras. Scan this code for the story.

Britain **Pancake Tuesday**

JEFF RIXON/PA/AS/THE ASSOCIATED PRESS

Children race with their pancakes through the town of Olney, England, during a pancake race yesterday. Olney's famous race is run every Shrove Tuesday, dating back to 1445.

News in brief

MUMMY Egypt's famed King Tut suffered from a cleft palate and club foot, and died from complications from a broken leg exacerbated by malaria, according to an extensive study of his 3,300-year-old mummy. The findings were from two years of DNA testing and CT scans.

LAS VEGAS The state of Nevada is expected to seek the death penalty against 33-year-old Harold Montague, accused of hacking a four-month-old baby to death and critically wounding the child's mother with a medieval-style battle axe.

THE ASSOCIATED PRESS

3 years just to clear out rubble: Haiti's president

Haiti Crisis

It will take three long years to clear the rubble left by Haiti's devastating earthquake, said President Rene Preval who admitted even he's still afraid to sleep under concrete in case another quake strikes.

In a rare exclusive interview, Preval told Associated Press Television News Monday that Haiti faces a long reconstruction process that will result in fewer people living in the capital, Port-au-Prince.

"It will take 1,000 trucks moving rubble for 1,000 days, so that's three years. And until we move out rubble, we cannot really build," Preval said.

Asked about residents' assertions that local corruption has interfered with the international aid effort, he replied: "It is possible that there have been irregularities."

"However," he said, "I should point out that the government isn't the direct manager of most of this humanitarian assistance."

International aid groups have taken pains to at least make Haiti's government the titular head of the relief.

But district mayor's offices in Port-au-Prince have been put in control of some food coupon distribution, and some irregularities have been reported.

The president, whose five-year term is scheduled to end next year, has rarely spoken publicly with his own people in the weeks since a magnitude-7.0 earthquake pummeled Haiti's capital on Jan. 12.

More than 200,000 people were killed. The presidential palace and his own private residence were destroyed, as were most government buildings and the headquarters of a 9,000-member UN peacekeeping force that guarantees his security.

Prime Minister Stephen Harper on Monday said Canada will spend up to $12 million to build Haiti's government a temporary base to replace official buildings damaged in the quake. THE ASSOCIATED PRESS

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Dalai Lama looking forward to U.S. visit

The Dalai Lama says he is happy about meeting U.S. President Barack Obama in Washington tomorrow. China has urged the U.S. to cancel the meeting. THE ASSOCIATED PRESS

world 11

Mercy killing claim

British reporter, 70, says he smothered lover

A veteran British TV reporter claimed on the air yesterday that he had used a pillow years ago to smother a lover who was dying of AIDS, adding a startling contribution to the country's debate on mercy killing.

The Nottinghamshire Police force said it would investigate Ray Gosling's claim. Under British law, assisting a suicide is punishable by up to 14 years in prison.

Gosling told a BBC television program that he and the unidentified man had made a pact. He said he smothered the man in his hospital bed to spare him pain.

"I killed someone once ... He was a young chap, he'd been my lover and he got AIDS," Gosling said in the interview. "He was in terrible, terrible pain. I said to the doctor, 'Leave me just for a bit' and he went away. I picked up the pillow and smothered him until he was dead."

Seventy-year-old Gosling did not say where or when the incident took place. He said he believed he had made the right decision and had no regrets.

"When you love someone, it is difficult to see them suffer," he said in the show, which was broadcast Monday. THE ASSOCIATED PRESS

News in brief

HUNGER A South American research group says it may have found a way to end years of recurring hunger in conflict-torn Congo — with guinea pigs. It's not known how or when guinea pigs — native to South America — arrived in Congo, but the International Center for Tropical Agriculture, or CIAT, researchers discovered them last year being kept as "micro-livestock" because they are "small and easy to conceal," can be fed kitchen waste, and reproduce quickly. THE ASSOCIATED PRESS

Ukrainian mayor's daughter robbed of jewelry in Paris

STOLEN The daughter of Kyiv's mayor told police she was robbed of $5.5 million US worth of jewelry as she travelled by car from Charles de Gaulle airport to the French capital.

Paris police said yesterday Kristina Chernovetska reported a man broke into her luxury car as it stopped on a highway north of Paris, then stole her purse, which contained valuable rings and earrings.

However, a spokesman for her wealthy father, Leonid Chernovetsky, denied there was a robbery, which could be embarrassing considering many Ukrainians are struggling amid a recession.

One of the first banking magnates in Ukraine after the 1991 fall of the Soviet Union, his term as mayor has been marked by persistent corruption scandals. THE ASSOCIATED PRESS

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Comment

Priceless hug washes away early woes

TheWestView

What do you think of us so far? Are these Vancouver Olympics worth the $6-billion investment? Or is gold fever a fatal illness from which we will never recover?

Many think the Games were cursed before they even started, with the death of the young Olympian from Georgia.

The weather hasn't helped. This could be the warmest winter on record in a place where winter happens to people on the other side of the mountains.

Meanwhile, the world is watching. The British media seem particularly interested, maybe because they're next (ha ha!) — the BBC has sent more journalists than Olympians to Vancouver — and the whole gang appears to be suffering from an epidemic of rain-induced wedgies in its winter woolies.

The Guardian's golf correspondent, Lawrence Donegan, no doubt annoyed he was sent to Vancouver instead of California to cover the PGA Tour, should be awarded a gold medal for grumpiness. His latest piece is headlined: "Vancouver Games continue downhill slide from disaster to calamity."

What if we paid $6 billion for the Olympics and all we got was a rude message from Lawrence Donegan?

Still, as the Games melt in the balmy temperatures, there's an upside to the weather. It's warmer than New Orleans during Mardi Gras! The world's media are knocking themselves out taking pictures of cherry blossoms and daffodils! Vancouver, your real estate values are safe!

VANCOUVER 2010Games

Maybe the new Canadian "Own the Podium" 'tude is freaking out the peanut gallery. NBC keeps talking about it … with grudging admiration. It's the sort of thing Americans like to do — and if you crash, so what? At least you tried. The U.K. (which despite its many scribes has no medals), seems affronted by this unseemly display of colonial uppityness.

But fear not. The Games have been saved by a sweet young kid named Alex Bilodeau. Alex won Canada's first gold medal in the mogul cross, which is skiing on speed bumps while hurtling down the side of a cliff. Looks like fun.

Alex is a francophone from Rosemère, Que., which has stopped the Other Solitude from bitching about the lack of a French presence at these Games. Most important, he's the nicest kid in the world, which makes that "Own The Podium" hubris seem like the hunting behaviour of a kitten: Ferocious but harmless.

You could argue that the picture of Alex giving brother Frederic, who has cerebral palsy, a victory hug, is not worth $6 billion. And you'd be right. It's not. It's priceless.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: What is your favourite Winter Olympic sport to watch?

Kevin Looney
Toronto
A: Probably hockey because hockey is really exciting … I follow the Buffalo Sabres. I guess I shouldn't say that here though.

Anita Chow
Toronto
A: Skating … I really like the clothing … Their techniques are really awesome and they twirl really nice.

Alan Colley
Toronto
A: I'd say snowboarding. I taught snowboarding in Whistler for a year. I helped train with aboriginal youth.

Donna Safatli
Timberlea, N.S.
A: Figure skating. I just like the movements. I usually watch pairs.

Dimitri Jager
Switzerland
A: Because I play hockey, I'll have to go with that. But I don't like the fighting here. In Switzerland, we don't fight at all.

Angela Lees
Ottawa
A: I like the moguls, because of the tricks they do off the ramp. And I like them more since we won gold.

MICHAEL DE ADDER

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369

Toyota cutting U.S. production
Toyota plans to idle production temporarily at assembly plants in Texas and Kentucky while it grapples with massive recalls in the United States. Toyota has recalled 8.5 million vehicles globally over the last four months — including some 270,000 in Canada — because of problems with gas pedals, floor mats and brakes. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Big changes for mortgages

Finance Minister Jim Flaherty is tightening mortgage rules to crack down on speculators and discourage homeowners from taking on too much debt.

The minister said he is responding to growing concerns that Canada's housing market is overheating, although he stresses there is no bubble in Canada's real estate market — yet.

"There's no compelling evidence of a housing bubble, but we're taking proactive, prudent, measured and cautious steps today to help prevent a housing bubble," Flaherty said yesterday.

The finance minister said all borrowers will need to meet stiffer criteria to take out mortgages.

To qualify for an insured mortgage, borrowers will have to meet the standards for a five-year fixed-rate mortgage even if the interest they are paying is less.

The government will also limit the amount Canadians can borrow on their homes from the current 95 per cent of the value to 90 per cent.

THE CANADIAN PRESS

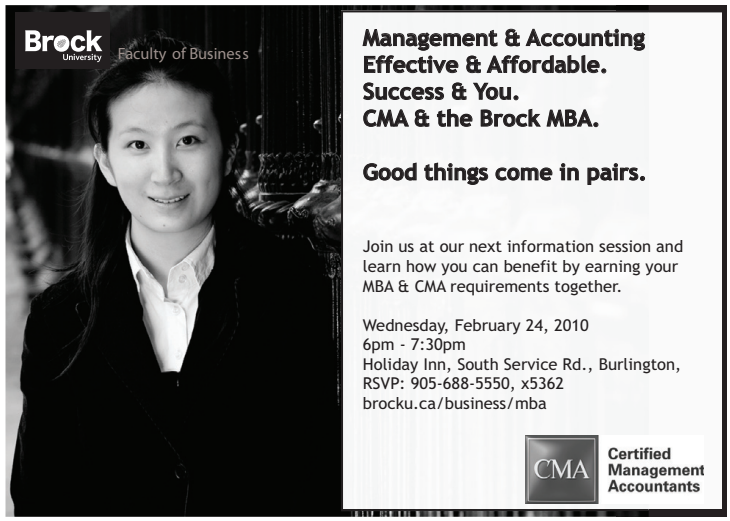
Household debt tops $96,000

FINANCING The average Canadian family's household debt climbed to $96,100 last year, according to a study released yesterday by the Vanier Institute of the Family.

The study estimated the average debt-to-income ratio for families at 145 per cent. The institute said that's the highest ratio it has recorded in the study's 11 years.

There was also a 50 per cent increase over last year in the number of mortgage payments that were at least 90 days late.

THE CANADIAN PRESS



Manufacturing sales up again

ECONOMY Manufacturing sales rose 1.6 per cent in December to $43 billion, largely on the strength of sales in transportation equipment.

Statistics Canada reports it was the sixth increase in overall manufacturing sales in seven months and the highest level since December 2008.

The agency said aerospace products and parts, motor vehicles and petroleum and coal products also recorded significant gains. THE CANADIAN PRESS

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Tablet More iPad competition

MANU FERNANDEZ/THE ASSOCIATED PRESS

The new N98 tablet computer by Nvidia was on show yesterday at the Mobile World congress in Barcelona, Spain.

Timminco plans Iceland plant

EXPANSION Timminco Ltd. is looking to boost its silicon metal capacity with a new plant in Iceland operating on geo-thermal power, the Toronto-based company announced yesterday.

The new plant would have an annual production capacity of 50,000 tonnes of silicon metal, which would complement existing capacity at the Timminco plant in Becancour, Que. THE CANADIAN PRESS

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Shell proposes freeze on exec pay

Royal Dutch Shell PLC said yesterday it was freezing executive pay and revamping bonus policy in the wake of a shareholder rebellion at its annual meeting last year. The changes include barring bonuses when executives fail to meet their performance targets THE ASSOCIATED PRESS

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EU ministers warn Greece

European Union finance ministers warned Greece yesterday that it will have to step up harsh budget cuts if it can't prove by March 16 that an existing austerity program will shrink its massive deficit this year.

Greece has promised to reduce its budget gap from 12.7 per cent of gross domestic product to 8.7 per cent, seeking to calm market worries that it could default on its debt and require a bailout from the 16 countries that use the euro. Eurozone leaders pledged last week to help Greece "if needed to safeguard the financial stability of the euro area as a whole" — but did not say how any bailout would work.

On Monday, they asked Greece to ready new spending cuts, increase sales and energy taxes and impose new levies on luxury goods, including cars — and the wider EU was expected to back that call yesterday.

The Greek government, which is also promising to reform pensions and health care, is facing opposition at home to its current austerity program of a public sector pay freeze, with Greek customs officials walking off the job yesterday for a three-day strike which will hamper imports and exports.

Spanish Finance Minister Elena Salgado, who leads the talks, said she was "fully confident" that Greece would take any action that other EU countries ask of it.

THE ASSOCIATED PRESS

Deficit revised

- Greece's new government sharply revised the 2009 budget deficit after winning elections in October, to 12.7 per cent of GDP, from 3.7 per cent forecast months earlier.

Wireless carriers combine forces

SOFTWARE The world's largest wireless carriers, including the four largest in the U.S., announced Monday that they are combining forces to make it easier for software developers to write applications that will run on as many phones as possible. The Wholesale Applications Community is an attempt to retake the initiative from phone makers like Apple Inc., Nokia Corp. and Research in Motion Ltd. THE ASSOCIATED PRESS

Did you know?
According to a recent TD retirement savings poll, 52 per cent of working Canadians under 65 are scared they haven't saved enough money for a comfortable retirement. METRO NEWS SERVICES

RRSP Guide

Don't forget
The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 12 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Save on taxes with spousal RRSPs

RAFAEL BRUSILOW
for Metro Canada

Spousal RRSPs can be a powerful tool for couples to generate more money during retirement while paying lower income tax.

While it may sound complicated, a spousal RRSP is simply an RRSP for which you use some or all of your RRSP contribution room to benefit your spouse.

David Ablett, director of tax and retirement planning at Investors Group, says ultimately the spousal RRSP is a great tool for couples to save on taxes and garner the benefits of income-splitting if one of them earns a significantly higher income than the other.

"It's a way to equalize the retirement income for the couple and generate more retirement income in the hands of the lower-income spouse," Ablett said.

The way it works is simple: The lower-income earner opens an RRSP in his or her own name, but with their spouse as contributor. That spouse can then contribute to that spousal RRSP up to a limit based on their own, much higher income, rather than the first spouse's lower income. That means more money put away for the lower-income spouse and tax savings for the higher-income spouse, a doubly beneficial arrangement.

If the higher-income earner's marginal tax rate was 40 per cent, for instance, he or she could initially save $4,000 by contributing $10,000 into a spousal RRSP. Plus, if the eventual payout is put at an even lower marginal tax rate, the couple could benefit from an even higher tax deduction and thus save even more money.

Bottom line: A spousal RRSP can reduce a couple's tax bill by shifting money to the lower-income spouse for a lower tax rate, while potentially helping to maintain Old Age Security benefits by keeping each partner's retirement income low enough to avoid clawbacks.

The total RRSP contribution space of the higher-income earner still applies to all contributions he or she makes into either their own or their partner's spousal RRSP. Even though you can't go over your natural contribution totals, the result is still a more efficient use of money.

"It's a way to equalize the retirement income for the couple." David Ablett

However, there is a government-imposed restriction to be aware of, Ablett says. Any money the lower-income holder of the RRSP withdraws from the spousal RRSP within the first three years stays taxable in the hands of the contributor — meaning the couple gains no benefit from the spousal RRSP arrangement.

"People who are saving for the long term with spousal RRSPs should try to determine when they need to take a payment from their spousal RRSP, and three years before that time, stop making contributions into that spousal RRSP," Ablett said.

A spousal RRSP allows you to use some or all of your contribution room to benefit your spouse.

Next week's lineup

LAST-MINUTE TIPS For advice on investing before the deadline and planning ahead for next year, pick up Metro's next RRSP Guide on Feb. 24.

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By the numbers

According to a recent TD retirement savings poll, 53 per cent of those who contribute to an RRSP contribute through a fixed monthly deposit; 29 per cent make one lump sum payment a year; and 18 per cent use a combination of the two. METRO NEWS SERVICES

Cash in your spouse's hands

JON TATTRIE
for Metro Canada

Spousal RRSPs are a practical means of income-splitting for couples, especially when one earns more than the other.

It allows the higher-income earner to defer taxes right away and reduces taxes in retirement. For those reasons, many experts recommend taking advantage of spousal RRSPs right away.

"Income splitting is just a way to reduce the family's overall tax bill by shifting the income from the higher-income earner to the lower-income earner, so that the same amount is taxed at the lower rate," explained Dana Scott of Dana Scott Wealth Management in Halifax.

She added the caveat that the contributed funds must be retained in the spousal RRSP for at least three years to avoid taxation at the higher income level.

In retirement, the couple can take income from two RRSPs, instead of just one, lowering the overall tax bill. Rules on income-splitting introduced by the federal government in 2007 took away some of the advantages of spousal RRSPs, but Scott says they still serve a function.

The spousal RRSP makes sense for those who retire before the age of 65 and want to split income at that point, experts say.

"The spousal RRSP still makes sense, in my view, for those who retire prior to 65 and want to split income at that point," she said. Income-splitting rules aren't as generous as spousal RRSPs because they have a 50 per cent limit. With a spousal RRSP, you can put all of that income into your spouse's hands, she said.

Common-law or married couples are eligible for the spousal RRSPs, but they don't increase the yearly RRSP limit.

Scott says spousal RRSPs are also useful if the higher earner is going to receive government benefits sooner because they're older or if they have other sources of income.

"If one spouse did not have a pension, I'd recommend using spousal RRSPs for sure."
Alf Staniforth

Then, it's important to put as much income as you can into your spouse's hands.

Alf Staniforth, a senior financial adviser with Assante Wealth Management in Ottawa, said he advises clients to consider spousal RRSPs at any age. It can have particular advantages as you approach retirement.

"If a spouse is younger and the (older) individual turns 71, they still can still make RRSP contributions as a spousal RRSP because the spouse is younger and hasn't reached the cut-off point yet," he explained.

"If one spouse did not have a pension, I'd recommend using spousal RRSPs for sure," he added.

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The ins and outs of spousal RRSPs

Spousal RRSPs allow up to the maximum amount of $25,000 each to be withdrawn by first-time homebuyers.

Got questions about spousal RRSPs? Metro presents a few frequently asked questions and answers, compiled with the help of David Ablett, director of tax and retirement planning at Investors Group:

• What is a spousal RRSP?
It's an RRSP opened in your name to which your spouse contributes to.

• Why consider a spousal RRSP?
Most commonly, it's a way for a couple with one higher-income-earning spouse to save taxes and equalize retirement income by letting the higher earner contribute money into the lower-income spouse's RRSP where it will be taxed at a lower rate come retirement.

• Which spouse officially owns the money inside the spousal RRSP?
The spouse who actually holds the spousal RRSP.

• Who receives the tax receipt for contributions made by a spouse into their partner's spousal RRSP?
The spouse who contributed the money into the spousal RRSP.

• How much can I contribute into my partner's spousal RRSP?
You can contribute to a spousal RRSP money up to your normal RRSP contribution limit. If your income is significantly higher than your spouse's, this could mean significantly more tax efficiencies than if you had put all the money into your own RRSP.

• What happens if the owner of the spousal RRSP withdraws money from it?
Any money contributed by the higher-income spouse within the past three years gets taxed at that higher-income earner's tax rate rather than the RRSP owner's tax rate. After three years, any money withdrawn gets taxed normally at the RRSP owner's tax rate.

• What happens if the holder of the spousal RRSP unfortunately dies?
Unlike normal RRSPs, which don't allow contributions after death, a spousal RRSP allows the contributing spouse to make one final contribution in the year of death.

• Can I withdraw money from a spousal RRSP to help me buy my first home, like I can with a normal RRSP?
Yes – spousal RRSPs do allow up to the maximum amount of $25,000 to be withdrawn by first-time homebuyers and are subject to generally the same repayment rules as regular RRSPs — so a couple could potentially withdraw up to $50,000 from their RRSPs to buy a first home.

• What if one spouse is significantly older than the other?
Normally, individuals can't contribute to RRSPs after age 71, yet spousal RRSPs allow spouses to contribute until the holder of that spousal RRSP reaches the age of 71.

– RAFAEL BRUSILOW /FOR METRO CANADA

Did you know?
According to a recent TD retirement savings poll, 20 per cent of Canadians are counting on using CPP, a lottery win or an inheritance for their retirement instead of contributing to an RRSP. METRO NEWS SERVICES

Getting more bang for your buck

Using an RRSP to save for your retirement is a great idea, but using a spousal or group plan may give you even more bang for your buck.

The trick is knowing the rules for these types of Registered Retirement Savings Plans, and the pros and cons of each.

"Registered Retirement Savings Plans are one of the best retirement savings opportunities that exist for Canadians," said David Irwin of Investors Group Financial Services, who is a regional director for the London, Ont., area. "The choice of what type of RRSP to use usually comes down to an individual's circumstances, their knowledge and comfort level, and their focus on big-picture planning."

By using an RRSP, investors can put off paying income tax on the interest, dividends, and capital gains they earn on their investments. Instead, you'll pay tax on the income you withdraw upon retirement, when presumably, you will be in a lower income tax bracket, and therefore, pay less tax.

How much you can contribute is tied to how much you earn, typically up to about 18 per cent of your earned income minus any pension adjustment. The maximum allowable contribution for 2009 is $21,000.

A spousal RRSP may be a good option if one spouse will be earning substantially more than the other during their golden years.

Here's a simple example: John and Judy are married. John stays at home while Judy works at a high-paying job. Since John isn't working, he's not generating income or RRSP contribution room; he doesn't have much of his own savings; and he's not paying into the Canada Pension Plan, while Judy is doing all of the above. She has $20,000 of RRSP contribution room and plans to put aside that much this year.

She has some choices to make: $20,000 in her own RRSP, to a spousal RRSP for John, or a combination of the two, as long as her contribution doesn't exceed that amount.

If John puts $10,000 into her own plan and $10,000 into a spousal plan for John, she can take a full $20,000 deduction on her income taxes.

That money now belongs to Jack.

"It's now his money and upon retirement, the theory is that he will be in a lower marginal rate than what Judy would be," Irwin said.

A spousal RRSP provides income-splitting opportunities down the road to lower a couple's tax bill.

In Canada, spouses can be married, common-law, or same-sex partners, he added. "The main philosophy behind the spousal plan is to provide income-splitting opportunities down the road to lower their tax bill."

A spousal plan is also a good option when one spouse is much older than the other. That's because you can make contributions to your RRSP until the end of the year in which you turn 71; but you can keeping paying into a spousal plan until the end of the year when your younger spouse turns 71. That adds up to continued income tax deductions for you, and more retirement savings for your younger husband or wife.

Keep in mind that if money is withdrawn from a spousal RRSP within three years of when it was contributed, the spouse who made the contribution will be hit with a tax bill.

If a separation agreement is in place, the taxes would be paid by the person who redeemed the money, and would not be attributed back to the contributor.

Any early withdrawals from an RRSP are subject to a heavy tax bill, except if the money is pulled out to buy a first home or go back to school.

Spousal plans can be useful here, too: Under the Home Buyers Plan, each spouse can take out $25,000 from their RRSP.

"If I had $50,000 of RRSP room and I put the full amount into my own RRSP, I can only take out $25,000 under the program," Irwin said. "But if I put $25,000 into my own and $25,000 into the spousal plan, my spouse and I can each take $25,000. By using the spousal RRSP, we've doubled the amounts that can be withdrawn under the Home Buyers Plan."

The same principle applies to the Lifelong Learning Plan.

Many employers have optional group RRSP plans that allow employees to make contributions directly from their paycheque. Some may match contributions or pitch in percentage to beef up their workers' retirement fund. Those "off-payroll" contributions are a big advantage, Irwin said.

Most people get federal and provincial taxes automatically taken off each paycheque, save up their money, and make a big RRSP contribution once a year. They typically receive an income tax refund, and that's exactly what it is: Because you made a contribution, you don't owe as much in tax, and so Canada Revenue Agency gives back some of the money you were sending in all year long. TORSTAR NEWS SERVICE

Tips for the RRSP season

1 Review your financial plan. Your financial plan should be reviewed at least once a year to make sure you're still on track to meet your investment and lifestyle objectives. Meeting with an adviser will help ensure you're in the best position to meet your goals.

2 Borrow to invest. If you've accumulated RRSP contribution room over the years (this is unused RRSP contribution room carried forward from previous years), and you'd like to catch up on these unused contributions, consider borrowing money through a low-rate line of credit — investors can check their Notice of Assessment from the Canada Revenue Agency every year to see how much contribution room they have available.

3 Contribute to a spousal RRSP. A spousal RRSP is an account into which one spouse makes contributions to the other spouse's RRSP who is in a lower tax bracket than the owner of the account. Typically, the higher-income spouse will contribute to a spousal RRSP and receive a tax deduction at a high marginal tax rate. Then, in retirement or earlier, when the other spouse withdraws that money, it will generally be taxed at a lower tax rate. When used correctly, spousal RRSPs can be an effective tool in planning for a couple's retirement.

4 Invest on a regular basis. Get off to a good start for 2010 by having your money automatically transferred from your bank account to an RRSP or savings fund on a regular basis. It's the easiest, most convenient and disciplined way to reach your goals. By doing this, investors can benefit from dollar cost averaging by purchasing equities or mutual funds throughout the year.
TORSTAR NEWS SERVICE

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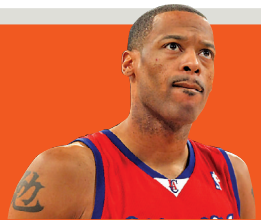
Sanchez to have surgery today

New York Jets quarterback Mark Sanchez is scheduled to have surgery today to repair the patella ligament in his left knee. Sanchez, who led New York to the AFC title game as a rookie, should be completely healthy by the start of training camp in July. THE ASSOCIATED PRESS

Sports



Camby traded to Blazers

The Portland Trail Blazers are picking up needed help on the interior, acquiring Marcus Camby, left, from the Los Angeles Clippers in exchange for guard Steve Blake and forward Travis Outlaw. The deal also includes cash going to the Clippers.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Raps won't make deal just to match rivals

"We have to have both a short-term and a long-term view of our particular situations."
Bryan Colangelo, Raptors GM

TRADE DEADLINE The chatter is too loud and too incessant for something of substance not to happen between now and tomorrow's NBA trade deadline.

But it does not mean that Bryan Colangelo is working any harder to make sure he's got something going just so he can keep up with his rivals in the Eastern Conference.

Sometimes, no deal is the best deal and Colangelo knows it's not always wise to simply react to what someone else does.

So if Phoenix's Amar'e Stoudemire ends up in the East, either with Cleveland or Miami or even Philadelphia, it won't make the Raptors president and general manager change his mind.

"Not necessarily because, as always, we have to have both a short-term and a long-term view of our particular situations," Colangelo said yesterday.

Stoudemire is the biggest name being bandied about as tomorrow's 3 p.m. deadline approaches, with the Cavaliers and Heat reportedly the strongest suitors.

But there are other names in the pipeline, too, and other moves that might have an impact on the East and Toronto's place in it.

Tracy McGrady to Chicago would be interesting from a Raptors perspective as would a McGrady-to-New York move. If other teams behind Toronto, like Charlotte, the Heat or Charlotte, make a move, Colangelo wants to avoid trying to just keep up.

"A couple of years ago, it seemed as if there was an arms race out West, if you will," he says, referring to a flurry of activity in 2008 that saw Pau Gasol join the Lakers, Shaquille O'Neal move to Phoenix and Jason Kidd head to Dallas within about a three-week span.

"This year, obviously Dallas making a pretty significant move (to get Caron Butler from Washington over the weekend) seems to be the one that has kind of changed the flow out there."

Colangelo is trying to be as proactive as he can as the deadline approaches, but only within reason. While league sources say he's working as diligently as ever tying to see if there's a move to be made, he categorized talks now as quiet.

TORSTAR NEWS SERVICE

SCOREBOARD

NBA

YESTERDAY'S RESULTS

New Jersey 103 Charlotte 94
Miami 105 Philadelphia 78
Minnesota at Detroit
New York at Chicago
Phoenix at Memphis
Dallas at Oklahoma City
Utah at Houston
L.A. Clippers at Portland
Boston at Sacramento
Golden State at L.A. Lakers

TODAY'S GAMES

Memphis at Toronto, 7 p.m.
San Antonio at Indiana, 7 p.m.
Detroit at Orlando, 7 p.m.
Minnesota at Washington, 7 p.m.
Miami at New Jersey, 7:30 p.m.
Chicago at New York, 7:30 p.m.
Houston at Milwaukee, 8 p.m.
Utah at New Orleans, 8 p.m.
Phoenix at Dallas, 9 p.m.
Sacramento at Golden State, 10:30 p.m.
Atlanta at L.A. Clippers, 10:30 p.m.

Wives pitch in

Spouses help McGowan, Marcum recover

It wasn't a sense of duty that led both Shaun Marcum and Dustin McGowan to credit their wives with having the biggest influence on their respective comebacks to the Jays' starting rotation.

Both were simply admitting the truth. No one knows the two right-handers better than their better halves, and when it came to facing career threatening surgeries at a young age, no one was better equipped to guide them through it.

"My wife told me every day that things would get better, that it would be all right," McGowan said in Dunedin, Fla., yesterday as several big leaguers and prospects continued workouts in advance of Monday's mandatory reporting date for pitchers and catchers.

McGowan arguably needed to hear that more than Marcum, largely because his injury — a torn labrum in his right shoulder — can spell the end of the line for a pitcher.

McGowan last pitched in the major leagues in July 2008. McGowan began throwing again last May, but reports on his progress were never good. About a year after his shoulder surgery, doctors discovered cartilage damage in his knee and prepared him for another operation.

Six weeks later, he began throwing again, but further complications with the knee prompted doctors to shut him down again last October.

Marcum was also in the middle of his rehab from elbow surgery. He had not pitched in the big leagues since May 2008, and while his comeback was more certain than McGowan's, he wasn't entirely prepared mentally to push himself through the rehab.

The problem was his tendency to eat too much junk food. In general, he didn't eat right, and his wife, Stephanie — who has a degree and a teaching job in nutrition — tried to change his habits.

"She has pretty in-depth knowledge of that stuff, so I didn't eat junk food, I didn't eat out so much," Marcum said.

TORSTAR NEWS SERVICE

DAVE SANDFORD/GETTY IMAGES

Blue Jay Shaun Marcum pitches against the Boston Red Sox at Toronto's home opener at the Rogers Centre on April 4, 2008.

m.metronews.ca
SCANLIFE

Cardinals players anticipate the debut of MLB's most controversial hitting coach, Mark McGwire. Scan this code for the story.

Pacers lose Foster for season
Indiana Pacers centre Jeff Foster will miss the rest of the season after undergoing what the team calls successful back surgery.
The six-foot-11 Foster has played in 16 games this season and averaged 3.1 points and 5.1 rebounds per game. THE ASSOCIATED PRESS

Argos busy on player front

Club adds Parker, Gagne-Marcoux, re-signs veteran Sam

The Toronto Argonauts didn't wait long to dip into the CFL's free-agent waters.

The Argos signed cornerback Byron Parker and offensive lineman Cedric Gagne-Marcoux yesterday. Parker spent most of last season with the Edmonton Eskimos while Gagne-Marcoux was with the Hamilton Tiger-Cats.

Both Parker and Gagne-Marcoux had their previous CFL deals expire at 12:01 a.m. ET yesterday, meaning they were free to sign with any team.

The B.C. Lions also got into the act, signing defensive lineman Keron Williams, who helped the Montreal Alouettes win a Grey Cup title last season.

Parker, who was also in conversation with Hamilton, said his familiarity with Toronto played a role in his final decision. Parker spent his first four CFL seasons with the Argos before being dealt to Edmonton last year.

"I love it there," Parker said. "I'm familiar with the city and the people are familiar with me.

"I have people up there who I consider my family. And it's also easy for my family to get in and out of, as far as if they want to drive up or if they want to fly up."

Earlier, the Argos announced they re-signed veteran receiver P.K. Sam, hours before he was slated to become a free agent. And the Saskatchewan Roughriders also re-signed long-snapper Jocelyn Frenette, offensive lineman Marc Parenteau and fullback Chris Szarka.

Also, the Ticats dealt all-star defensive back Chris Thompson to Edmonton for receiver Maurice Mann.

Toronto posted a league-worst 3-15 record last season and missed the playoffs for the second straight year.

Much of Toronto's struggles last year came because of an anemic offence that finished last in scoring total yards, yards rushing and sacks allowed and was second-last in yards passing.

Gagne-Marcoux, 27, of Baie-Comeau, Que., should also have no trouble stepping into the lineup as he's very good friends with current Argos offensive linemen Dominic Picard and Taylor Robertson.

THE CANADIAN PRESS

STEVE RUSSELL/TORONTO STAR
Toronto signed cornerback Byron Parker, who returns to the city where he spent the first four years of his CFL career.

First-rounder

- The six-foot-two, 290-pound Cedric Gagne-Marcoux comes to Toronto after being selected in the first round, eighth overall, by Hamilton in the 2006 CFL Canadian college draft.

Rooney scores two to lead Man U past Milan

SOCCER Two headers from Wayne Rooney led Manchester United to a 3-2 victory at AC Milan, while Lyon beat Real Madrid 1-0 in the Champions League yesterday.

United rallied to win at the San Siro and spoil David Beckham's first-ever appearance against his old club after the former England captain — on loan to Milan from MLS's Los Angeles Galaxy — had provided the free kick that led to Milan's early goal in the first leg match.

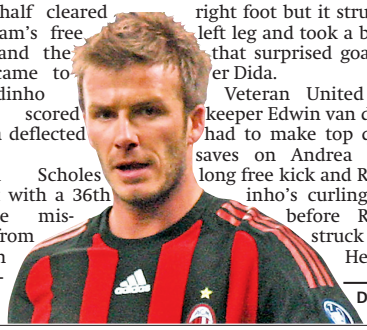
United defender Patrice Evra half cleared Beckham's free kick and the ball came to Ronaldinho who scored with a deflected shot.

Paul Scholes tied it with a 36th minute miskick from Darren Fletcher's cross. The midfielder missed the ball with his right foot but it struck his left leg and took a bounce that surprised goalkeeper Dida.

Veteran United goalkeeper Edwin van der Sar had to make top quality saves on Andrea Pirlo's long free kick and Ronaldinho's curling drive before Rooney struck twice. He headed home a cross by Antonio Valencia in the 66th minute was left unmarked to head powerfully home from Darren Fletcher's cross from the left in the 74th.

Facing United for the first time since moving to Real Madrid in 2003, Beckham was replaced by Clarence Seedorf after 71 minutes and left the field with United fans singing "there's only one David Beckham."

THE ASSOCIATED PRESS


David Beckham

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	A, CA	887	376	525	901
2. Jonathon Gremsperger	B, CA	887	376	517	893
3. Shawn Tschritter	A, CA	882	364	524	888
4. Stephanie Warren	N, CA	864	369	516	885
5. Christian Gagnon	N, CA	839	355	524	879
6. Kyle Turk	N, CA	890	370	503	873
7. Dennis MacDougall	N, CA	860	360	511	871
8. Cole Warren	N, CA	872	330	536	866
9. Bernie Horton	O, CA	826	359	505	864
10. Joanne Doiron	N, CA	832	349	513	862
11. Blaine Schlechter	A, CA	852	350	509	859
12. Jordan Camponi	A, CA	838	336	521	857
13. Jean-Paul Osborne	Q, CA	877	350	505	855
14. Grant Greenfield	A, CA	849	380	474	854
15. Darrick Bowden	N, CA	848	338	513	851

* Results exclude Quebec

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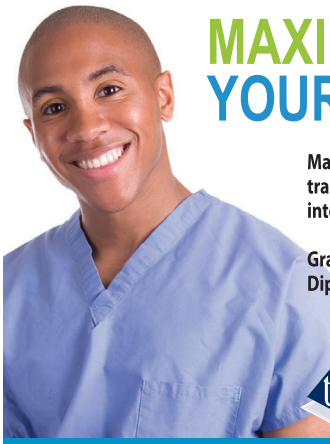
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Time error costs biathlete

There was a crucial timing error yesterday for Swedish biathlete Anna Carin Olofsson-Zidek as timekeepers held her back 14 seconds longer than they should have at the start of the race. Olofsson-Zidek finished sixth. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

U.S. downs Switzerland

HOCKEY The youthful U.S. men's hockey team opened the Olympic tournament yesterday with a 3-1 win over Switzerland.

Bobby Ryan scored late in the first period, and David Backes and Ryan Malone added goals in the second to help the United States avoid a repeat of an opening-game letdown.

During the 2006 Turin Games, the Americans began with a 3-3 tie against Latvia and never challenged for a medal.

"Once I scored, I was able to settle down and come back into my own a little bit," Ryan said. "You definitely don't want to come from behind early. To get the lead, I think it settled the game down quite a bit for us."

Ryan Miller, the Buffalo Sabres goalie considered the key to the U.S. chances to reach the medals podium, made 14 saves.

The Americans have their youngest collection of players since the NHL began supplying talent for the Winter Olympics in 1998.

THE ASSOCIATED PRESS

Canada cruises in opener

Team Canada delivered a crowd-pleasing performance after stepping on to the biggest stage in international hockey.

Hometown hero Roberto Luongo stopped all 15 shots he faced and Canada showed off a variety of offensive weapons last night, kicking off the long-awaited Olympic tournament with an 8-0 victory over Norway at Canada Hockey Place, better known as GM Place when the Olympics are not in town.

Jarome Iginla had a hat trick, Dany Heatley scored twice while Mike Richards, Ryan Getzlaf and Corey Perry each added singles for a young Canadian team that looked fairly composed after skating into the spotlight for the first time.

The anticipation had been building for Canadian hockey fans since the country crashed out of the Turin Olympics four years ago with a disastrous seventh-place finish, the worst ever in history. It was worth the wait.

Even though the roof didn't come off Canada Hockey Place, as Norwegian captain Tommy Jakobsen predicted it might, the crowd roared throughout the game and alternated between chants of "Go Canada Go!" and "Let's Go Canada!"

The majority of fans showed up in Team Canada jerseys, painting the inside of the arena a patriotic red and white.

"There was much more electricity (than normal). This is big for Canada," said Luongo.

It was a marvellous platform for Canadian hockey — even though the Norwegians didn't play the part of willing victim early on. The underdogs showed plenty of pluck in the first period, clogging the neutral zone and collapsing around goalie Pal Grotnes to keep Canada from scoring.

"It was a great atmosphere," said Sidney Crosby. "It's a lot of fun to be here in Canada and I thought we used it to our advantage."

THE CANADIAN PRESS

BRUCE BENNETT/GETTY IMAGES

Canada's Chris Pronger celebrates last night after teammate Dany Heatley scored a goal in the second period against Norway during the Olympic men's hockey preliminary game.

What to watch today

TV Highlights

Noon: Women's curling
Japan vs. Canada (Sportsnet).
2 p.m.: Alpine skiing
Women's downhill gold medal (CTV).
3:30 p.m.: Cross-country skiing
Men's and women's individual sprint classic gold medals (Sportsnet).
5:30 p.m.: Women's hockey
Canada vs. Sweden (TSN).
7 p.m.: Long-track speedskating
Men's 1,000m gold medal (CTV).
8 p.m.: Men's hockey
Sweden vs. Germany (TSN)
8 p.m.: Short-track speedskating
Including women's 500m gold medal (Sportsnet).
9:15 p.m.: Luge
Doubles gold medal (OLN).
10:15 p.m.: Women's hockey
Slovakia vs. Switzerland (Sportsnet)
10:15 p.m.: Snowboarding
Men's halfpipe gold medal (CTV).

VANCOUVER GAMES

Medal Count

NATION				TOTAL
U.S.	2	2	4	8
France	2	1	4	7
Germany	2	3	1	6
Canada	2	2	1	5
Switzerland	3	0	1	4
South Korea	2	1	0	3
Norway	0	2	1	3
Italy	0	1	2	3
Sweden	2	0	0	2

On the web

- Up-to-date medal standings and results
- Metro-Blenz News Squad on-the-ground blog

Visit metronews.ca for more Games coverage.

Curling nearing a 'crossroads,' Martin says

CHANGE Kevin Martin doesn't like what he sees on the world curling horizon. Canada is losing its grip on the sport and it may be partially to blame itself.

"I think we're getting to the crossroads ... We've basically been in charge of the game for a long time. I see that clearly changing," said Martin, who will skip for Canada at the Vancouver Olympics.

The arrival of curling as a full-fledged Olympic sport in 1998 has shone a spotlight on curling. Countries like China and Japan embraced the sport.

And Canadian coaches have helped spread the word.

Montreal's Dan Rafael has coached both the Chinese men and women's national teams. In 2008, the Chinese women were runners-up at the world championship and the same foursome improved to capture gold last year.

At last year's world men's championship in Moncton, China, the United States, France, Japan and Switzerland all had prominent Canadian curlers or coaches as advisers.

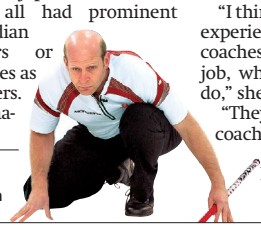
Canadian Olympic champion Russ Howard has worked with the Swiss men's team. And last summer, former Alberta champion Renee Sonnenberg signed on as team leader for the Danish women's Olympic team.

The fact the Canadian experience is being exported to other nations doesn't sit well with Calgary's Cheryl Bernard.

"I think they've taken our experience, taken our coaches and it's a full-time job, which none of us can do," she said.

"They're paying all our coaches and they're coming here and living here."

THE CANADIAN PRESS



Kevin Martin

Biathlon Gold for Germany

ANDREW VAUGHAN/THE CANADIAN PRESS

Magdalena Neuner from Germany celebrates at the finish line yesterday after she won the gold medal in the women's 10-kilometre biathlon pursuit at Whistler Olympic Park at the 2010 Vancouver Olympic Winter Games in Whistler, B.C.

2022 Games in Quebec City?
Quebec Premier Jean Charest told an Olympic news conference he'd like to see the 2022 Winter Olympics in Quebec City. THE CANADIAN PRESS

Make it two

Vancouver's Maëlle Ricker wins gold in women's snowboard event

Canadian Maëlle Ricker put on a show for the home crowd yesterday, cruising to Olympic gold in the women's snowboard cross at the Vancouver Games.

Ricker, the world's top-ranked rider, was third in qualifying — despite falling in her first run — and easily won her quarter-final.

She also finished first in the semifinal before leading from start to finish in the final. It was sweet victory for the 31-year-old from West Vancouver, who suffered a concussion after falling in the final four years ago in Turin.

Deborah Anthonioz of France took the silver ahead of Olivia Nobs of Switzerland.

Ricker waved to the crowd and clapped after stepping onto the podium, celebrating Canada's second gold of the Games.

SEAN KILPATRICK/THE CANADIAN PRESS

Maëlle Ricker holds up her flowers yesterday as she stands on the winner's podium after her gold medal win.

The gold comes one day after Mike Robertson won silver in the men's snowboard cross.

Canadian Dominique Maltais, a bronze medallist in 2006, failed to survive the qualifying round.

THE CANADIAN PRESS

Luge **Practice makes perfect**

ELISE AMENDOLA/THE ASSOCIATED PRESS

Tristan Walker, top, and Justin Snith of Canada practise yesterday during a run of the men's doubles luge training at the Vancouver 2010 Olympics in Whistler, B.C.

Jacobellis can't make good on second chance

SNOWBOARDING It was the thump heard all around the winter sports world.

Four years ago in Turin, Italy, American snowboarder Lindsey Jacobellis barrelled towards the finish line after building a huge lead in the women's Olympic snowboard cross final.

To celebrate, she grabbed her board and twisted her body, adding some mid-air zest off one of the last jumps.

But her balance slipped away on the landing and so did a surefire gold medal.

Some saw it as a cruel lesson of how poor sportsmanship can sometimes bite back.

Yesterday, Jacobellis couldn't make good on her second chance, exiting the snowboard cross competition after falling in the semifinal. This time it was incidental contact with gold medal winner Maëlle Ricker that was her downfall. THE ASSOCIATED PRESS

Ireland bids farewell

SPEEDSKATING With family and friends looking on, and with streaks of grey hair setting him apart from younger competitors, Mike Ireland said goodbye to his lengthy Olympic speedskating career.

The Winnipeg native, who at 36 is the oldest athlete in the Olympic speedskating competition, finished 16th in the men's 500-metre long-track race Monday.

For Ireland, who has been on the national team since 1993, it was his last stab at Olympic glory.

"The crowd was awesome. I had a lot of friends and family, relatives, guys I've skated with, guys I did trials against that came here to watch the race," Ireland said.

"It was a great crowd. I probably knew a couple hundred people or more in the crowd, cheering me on."

THE CANADIAN PRESS

Alberta budget signals financial woes for provincial institutions
Following the Alberta government's budget announcement last week, post-secondary schools in the province are forecasting layoffs and salary constraints, and suspending plans for campus growth. METRO NEWS SERVICES

Workology

uLaval opens up in Mexico

Last Thursday, Université Laval launched an office at the Santa Fe campus of Mexico's Monterrey Institute of Technology and Higher Education, which will also open an office in Quebec at uLaval. With a long history of collaboration in Latin America, uLaval hopes its new physical presence in Mexico will foster student exchanges and the development of joint academic programs. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

COLLÈGE FRANÇOIS-XAVIER-GARNEAU GETS $11 MILLION The federal and Quebec governments announced last Friday an $11.1 million joint investment from the Knowledge Infrastructure Program to Collège François-Xavier-Garneau, a CÉGEP based in Quebec City.

MCGILL GETS CENTRE FOR BIODIVERSITY Yesterday McGill University launched the Quebec Centre for Biodiversity Science, which brings together over 60 researchers from eight provincial universities. The United Nations declared 2010 as the International Year of Biodiversity.

UWINDSOR GOES FOR JD OVER LLB DESIGNATION Last week, the University of Windsor's senate approved the change in the name of the school's law degree from LLB to JD — Juris Doctor. The move was spearheaded by uWindsor students, who voted overwhelmingly in favour of the JD designation in a referendum held last spring. The JD designation will take effect for the incoming cohort, the graduating class of 2013. Current students and alumni who graduated earlier will have the option to change their degree title. A number of law schools in Canada have either completed or are reviewing the adoption of the JD designation.

CENTENNIAL FIRST CAMPUS IN CANADA TO OFFER ISLAMIC FINANCE COURSE Centennial College is the first school in Canada certified to teach the growing field of Islamic finance, a system that does not charge interest or invest in commodities contravening Islamic law. The online course, to be led by an Islamic scholar with financial expertise, will be available to the public this September, and Centennial has already filled a spring class with staff from a major bank.

METRO NEWS SERVICES

Starting the food chain

Farming a potent job market as agriculture sector faces 'crisis'

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back every Wednesday for a new feature.

JON TATTRIE
for Metro Canada

Canadian farming is heading for a disaster as fewer and fewer farming children continue the family business.

"In the next ten years, about 80 per cent of the agricultural assets in the country are going to be transferred," says Christie Young, director of Ontario's Farm Start. "We're going to have a massive crisis in the agricultural sector because we don't have the infrastructure set up to get people into farming."

Conversely, that means it's a great time to get into farming. Farm Start, a Guelph, Ont.,-based organization, helps people from non-farming backgrounds get into the industry. Some come with university degrees in agriculture and others are second-career farmers.

Farm Start begins with a four-day explorer course. "It's a time for people to think really critically about whether this is the right career for them and what it means to be a farmer," Young says.

People are drawn to the physical, meaningful work and are often passionate about raising livestock. They want to be their own boss and enjoy the diverse daily tasks.

"They have to be self-motivated," she says. "You can't just focus on one piece of the puzzle if you want to be a farmer. You have to think about your growing system as part of a bigger eco-system, your business model as part of a much bigger food system."

The best way to learn is to do, she says, so Farm Start helps organize farming internships and runs an incubator farm. Courses in business-planning, crop planning and soil-health management round out the training.

Norbert Kungl runs the organic vegetable farm Selwood Green on the shores of Nova Scotia's Minas Basin. He's from a farming area of central Germany, but his family did not farm. He studied agriculture before moving to Canada and working on a farm for four years. In 1987, he started his own farm.

"I'm an entrepreneurial person who needs to do his own thing," he explains. He loves being his own boss on a large piece of land where he lives and works. He sells his produce at farmers' markets around Nova Scotia, including the Halifax Farmers' Market.

Like Young, he recommends non-farmers do an apprenticeship. "If you come from a farm, go out into the world and work on a variety of other farms or even other jobs to really know this is what you want to do," he says.

"Self-motivated" and "entrepreneurial" are good terms used to describe working in agriculture.

"In the next ten years, about 80 per cent of the agricultural assets in the country are going to be transferred. We're going to have a massive crisis in the agricultural sector."
Christine Young

OAC

- The University of Guelph's Ontario Agriculture College is a global leader in innovative life sciences education and research for environment, agriculture, food, and rural communities.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: **metronews.ca/work**

Embrace of e-books slow-going process
The advent of Apple's iPad is expected to increase interest in digital textbooks, the acceptance of which is slow-going among students. According to the U.S.-based Student Public Interest Research Groups, 75 per cent of students prefer print textbooks over digital. METRO NEWS SERVICES

Ready for an online Olympic explosion?

Employers beware: Technological advancements mean that with just the click of a mouse, Olympic fans can for the first time access live streaming of the Games at any time of the day or night from their work stations.

IT experts are questioning whether businesses are equipped to handle the crush of online traffic generated by hordes of Olympic faithful following the Games from their desks.

Businesses that use a single link to the outside world for email and web browsing could see serious slow downs or even crashes unless they prepared in advance, said Darryl Wilson, with global IT solutions firm Dimension Data Canada in Mississauga, Ont.

"If there's a big hockey game or something going on … that link that they use to the outside world may become saturated because everyone's trying to get all this content from the Internet," said Wilson.

"Those businesses could find themselves unable to access email, send messages to clients or have their Internet operational if they don't have controls in place to limit non-business critical traffic versus critical traffic."

Canada's Olympic Broadcast Media Consortium estimates 10 million visitors will surf onto CTVOlympics.ca and RDSolympiques.ca sites. Together, they are offering 2,350 hours of live streaming of the Games as well as replays, highlights, photos and results.

"This will be the first time in Canada ... actually the first time anywhere, where every second of the Winter Games will be made available live," said Alon Marcovici, the consortium's vice-president of digital media.

Is your company ready for the influx of employees catching the Olympics online?

> **"This will be the first time ... anywhere, where every second of the Winter Games will be made available live."**
> Alon Marcovici

The websites will simulcast live feeds from CTV, TSN, Rogers Sportsnet, V and RDS. They'll also provide a feed of competitions adorned only by natural sound, not commentary, in an effort to give Internet surfers the feel of the Olympics from their chairs. Niche sports such as the biathlon, which don't get major TV play, can be seen in their entirety on the web.

At peak times, more than a dozen live streams will be running simultaneously.

Several people interviewed in downtown Toronto said they intend to watch the Olympics while on the job.

Allan Groome, 60, a pharmaceutical worker, said he'll watch the Olympics online from his workplace to avoid missing his favourite competitions playing out in Vancouver during his work hours.

"I can check it out at work," he said. "I have an Internet session there. I'd probably like to just sit at home on my laptop and check it out too," he said.

Canadians can also watch Olympics action through their XBox gaming consoles, on YouTube and through iTunes.

Bell estimates that more than three billion people across the globe will watch the Games through live broadcasts, the Internet and cellphones.

THE CANADIAN PRESS

m.metronews.ca

Many employees are sneaking peeks at Olympics events during work hours — but can office network handle the online crush? Scan the barcode for more.

Learn how to scan the barcode with the instructions at the top of pg 3

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Fired uOttawa prof claims school spied on him

In November, Denis Rancourt, a tenured University of Ottawa physics professor fired last spring, filed a union grievance accusing the institution of engaging in "covert surveillance" against him. Rancourt claims that uOttawa hired a student taking chemistry at the time to investigate him. METRO NEWS SERVICES

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Dating tips can work on the career path too

Girl on Top

Author: Nicole Williams
Publisher: Center Stree
Price: $24.99

CRAIG LUND
for Metro Canada

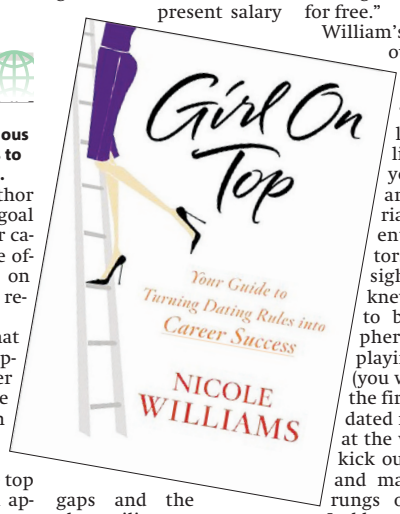
In our love lives it's obvious that the ultimate goal is to find the love of your life.

In the case of author Nicole Williams, this goal should align with your career … considering we often spend more time on the job than with our respective partners.

So why then is it that we don't often approach our career choices with the same tenacity that we do in dating?

According to Williams, by using the top rules for dating as an approach to finding your dream job, as well as to continue thriving within it, it just makes sense.

This book is written for women and also looks at the various issues that affect them in their career growth such as the still present salary gaps and the glass ceiling.



As Williams' puts it "working for less than industry standard is going to kill their career … Don't give away the milk for free."

William's takes a hilarious approach to this topic and will help the "job-loveless" lady see the light. Whether you're in an arranged marriage (both parents were doctors), love at first sight (always knew you wanted to be a photographer), or simply playing the field (you wouldn't marry the first guy you ever dated right?) you will at the very least get a kick out of this book, and maybe up a few rungs on the Career Ladder.

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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Memorial University's Yaffle celebrates first anniversary
A year ago, Memorial University introduced Yaffle, a search engine designed to provide greater access to the institution's research and expertise. Since then, Yaffle has received close to 50,000 hits from people from 157 nations on six continents, and currently averages around 125 hits daily. METRO NEWS SERVICES

Courts don't tolerate toxic management

WorkplaceLaw

"It is easier to be critical than correct."
–BENJAMIN DISRAELI

Today, much of the workforce views a manager's criticism as "bullying" or "harassment." As toxic bosses have become a greater liability, their employees no longer call their doctors seeking a note for a leave of absence. Now they call their lawyers. But as harassment is often in the eyes of the beholder, when will a tough boss justify a successful lawsuit?

Dora Cooke knew her eventual boss Patrice Comeau for most of her life. When Comeau and a partner opened a Sudbury, Ont., office of HTS Engineering Ltd., they needed an assistant and Cooke was offered the job. The relationship soon soured.

After only a few months, Cooke became wary of her boss. The two often argued and Cooke would usually end up in tears. Comeau expressed his expectations forcefully and sometimes with outbursts of anger. Cooke was often on the receiving end. He called Cooke an "idiot" and "pathetic" and gave her an IQ test, stating she would not pass the second question.

Matters came to a head when Cooke was accused of another mistake and told that her performance must improve. Cooke swiftly proclaimed that she was not the right fit for the job and left the offices never to return.

Cooke sued and claimed that as well as being bullied, she had been sexually harassed. Shocked by these serious allegations, Comeau and HTS defended these allegations all the way to a recent trial.

An Ontario judge rejected Cooke's claim that she had been sexually harassed. Although the court was troubled by evidence that Comeau and Cooke frequently engaged in sexual banter, Cooke ultimately welcomed the conversations and therefore, it could not be said that she was sexually harassed.

Cooke had, however, been bullied. An employer is entitled to be critical of unsatisfactory performance and to take measures, disciplinary or otherwise, to remedy that problem. When those measures become so unreasonable that an employee cannot be expected to persevere, she may be able to resign and claim damages for constructive dismissal. Here, Comeau's insulting language and outbursts of anger were enough to meet this test.

Cooke was awarded two months' salary and an additional payment on account of her mental distress.

Recurring issues

In the quest to strike an appropriate balance between legitimately criticizing an employee's performance and harassment at work, there are some recurring themes:

- Whether there is a workplace harassment policy and whether its details have been followed.
- Is criticism based on solely on work performance or are personal characteristics being challenged.
- Are inappropriate comments attached to performance management. No court would condone some of the comments that Comeau allegedly made.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@canadaemploymentlawyer.com.

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Show times and dates

The 2010 Canadian International Auto Show continues at the Metro Toronto Convention Centre till Sunday. Daily hours are from 10:30 a.m. to 10 p.m. and final day from 10:30 a.m. to 6 p.m. Visit autoshow.ca for more information. METRO NEWS SERVICES

Metro Drive

The green winners

The annual ecoENERGY for Vehicles Awards, recognizing the most fuel-efficient vehicles in each of ten categories, were announced at the 2010 Canadian International Auto Show in Toronto last week. Winners include Honda Civic Hybrid (compact), Toyota Prius (midsize) and Hyundai Sonata (full size). METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Oshawa's royal treat

Canadian plant adds Buick Regal to lineup

JIL MCINTOSH
for Metro Canada

2010 AutoShow

On the web

- Metro writers Jil McIntosh and Michael Goetz give you the lowdown on the Toronto auto show. Visit metronews.ca/blogs to read their rants and raves.

JIL MCINTOSH/FOR METRO CANADA

The 2011 Buick Regal made its Canadian debut at the 2010 Canadian International Auto Show in Toronto last week. The new General Motors sedan will be built at the company's Oshawa plant.

Canada may not have any major mainstream auto companies of its own, but we certainly know a thing or two about building vehicles.

Five automakers based outside of Canada — Chrysler, Ford, General Motors, Honda and Toyota — have plants in Ontario, and GM announced at 2010 Canadian International Auto Show that its facility in Oshawa will produce the upcoming Buick Regal for the U.S. and Canada.

"Regal will bring a mid-size sport sedan to the Oshawa car plant in the fourth quarter of this year," says Tony LaRocca, communications manager for GM Canada. "Oshawa has an outstanding reputation for quality, and it has invested in a flexible assembly line to build the Camaro and now this new sedan."

The Regal, which made its Canadian debut at the Toronto show last Thursday, is a global model — it's a version of the Opel Insignia, which was named the 2009 European Car of the Year. For the first year, Regals sold here will come from GM's plant in Germany; Canadian-built models will go on sale in the first quarter of 2011 as the plant ramps up to full production. It's a good strategy for GM, which has been criticized in the past for taking too long to bring a promising new vehicle to market.

Regal will initially come in premium CXL trim, starting at $32,990 for a 2.4-litre four-cylinder engine, and $35,990 for a turbocharged 2.0-litre version producing an estimated 220 horsepower — the performance of a V6, GM says, but with the fuel efficiency of a four-cylinder. Additional trim levels will be offered on the 2012 models.

Regal will also ride on a firm, European-tuned chassis and offer a driver-selectable suspension system; the company intends to market it against sporty Japanese and German competitors.

Building the new model will bring about 700 workers back from layoff in Oshawa. "Our workers have proven that whatever GM asks them to build, they will build the best in the world," says Joe Sarnovsky, communications director for CAW Local 222, which represents Oshawa's assemblers. "Our plants have continued to win J.D. Power awards for quality and efficiency."

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The Zeppelin has landed
Maybach introduced the Zeppelin at the 2010 Canadian International Auto Show last week. Only 100 models of the limited edition Zeppelin will be available worldwide. METRO NEWS SERVICES

Hyundai's come a long way, baby

AutoPilot
Michael Goetz
metronews.ca/autopilot

Hyundai just came off its best year ever in Canada, selling 103,233 units. I don't know if you remember, but 2009 was not the greatest of economic climates, so Hyundai's accomplishment is even more noteworthy.

Globally, it's not doing too bad either. The rankings change depending on how you define "largest," but the Hyundai-Kia group is now the fifth or sixth largest automotive group in the world, and gaining ground on the perennial old guards of Toyota, GM, VW, Ford, and Renault-Nissan.

It's rising fortunes were on the display at the Toronto auto show, in the form of the all-new 2011 Sonata and the Nuvis concept vehicle.

"We think the Sonata is a watershed product for Hyundai," says Michael Robinet, over the phone from his office in Michigan. Robinet, a native of Windsor, Ont., heads up automotive forecasting at CSM Worldwide. "Its fit and finish, content, and price ($22,649 and up) are all outstanding."

Robinet adds that Hyundai has re-focused on powertrain development over the last few years, and now predicts that powertrain innovation, "will be their calling card in the future."

The new Sonata benefits from this focus, debuting the company's all-new 2.4-litre Theta II GDI, its first gasoline direct injection engine, and currently the only one in Sonata's class. The engine features a host of technologies and produces over 200 horsepower.

The evolution of Sonata is not so much amazing, as pragmatic. Hyundai just kept cranking out new-generation versions of Sonata on a paced cadence, each one a bit better than the previous one, and ended up exactly where it planned to be — meeting or bettering all the major midsize contenders on price, quality and style.

The Nuvis concept, displayed at the Toronto auto show, is a great example of Hyundai's rising fortunes.

Almost two decades ago, I had a chance to visit Hyundai's HQ in Seoul, Korea. This happened around lunchtime, on a Saturday — Korean companies maintained a six-day workweek back then. Maybe they still do… Koreans are known for their work ethic, but to see it first hand was a revelation, as was the fact that I actually liked kimchi, the Korean staple made from fermented cabbage.

The automaker's Nuvis concept is a revelation too. Originally shown at the recent New York auto show, the car debuted Hyundai's new styling direction, which has since been transferred to the new Tucson and the new Sonata.

2010 AutoShow

Nuvis also features a wild, flowing interior (yes, like a river) that allows occupants to electronically link up to each other via touch screens on all four "business class" seats.

Nuvis also packs a hybrid powertrain, a version of which will soon be fitted into Sonata. Noteworthy are the "lithium polymer" batteries, known to be more durable and more space efficient than current lithium ion and nickel-metal hydride examples.

Added Robinet: "Hyundai has partners in Korea with low cost battery technology. Let's face it, it's all about getting the cost out of the battery."

We shouldn't be surprised — once again Hyundai has its bases covered.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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Automatic, A/C, Power Windows & Locks, Bluetooth, Alloys

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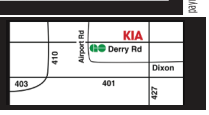

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Accord LX Sedan model CP2E3AE

CR-V LX 2WD

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Pets' best friends

Pet safety advocate group Bark Buckle UP has named the winners of its 2010 Pet Safe Choice Awards, which recognize pet-friendly and pet-safe vehicles. Among the winners are Dodge Journey, Ford Edge, Ford Flex, Kia Soul, Honda Element, Smart, Subaru Outback and Volvo XC60. **CANADIANDRIVER.COM**

Tucson tough enough

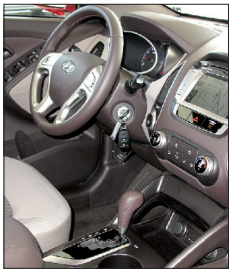
JIL MCINTOSH
for Metro Canada

2010 Hyundai Tucson

Type: Compact SUV
Price: from $22,999
Engine: 2.4L
HP: 176

Highlights

- Stable ride
- Roomier interior with better design and materials



The 2010 Hyundai Tucson features a powerful 2.4L engine with 176 horsepower and improved interior design.

Introduce a new model into a crowded segment, and it needs to be good or it won't survive. With an all-new Tucson for 2010, Hyundai has a solid entry among compact SUVs.

The outgoing model, which was showing its age, came with a choice of four-cylinder or V6.

The 2010 model has only one engine, an all-new 2.4-litre, which at 176 horsepower is stronger than the V6 it replaces.

The base model, at $22,999, uses a six-speed manual.

All others come with a six-speed automatic, at prices ranging from $24,299 to a high of $34,449, which is top-end Limited trim further optioned with a navigation system and Hyundai's first-ever panoramic sunroof.

An all-wheel-drive system, optional on the two lower trim lines (except for the stick shift) and standard on the Limited runs primarily in front-wheel-drive, but can send 50 perc ent power to the rear when necessary. At low speeds, it can also be locked into 50/50, handy for getting out of snowy driveways.

The ride is stable and pleasant, helped by front coil springs that slant sideways to keep the vehicle level on hard turns.

The electric steering is tuned for a fairly organic feel, and the turning radius is spin-on-a-dime sharp.

For all that, the steering wheel snaps sharply back to centre after a turn, as if it's spring-loaded: handy in parking lots, but annoying on the road.

Although it weighs 29 kilograms less, the new model is slightly larger than the outgoing version, and is very roomy inside, even in the second row. The dash design is night-and-day over the old model, with metallic accents, textured plastics, and blue backlighting. All models include air conditioning, six airbags, whiplash-reducing active front head restraints, and electronic stability control.

"Two new features for Tucson are hill start assist, which holds the trucklet on inclines for two seconds while you make your way from brake to throttle, and hill descent control which, when activated, keeps the speed to about 8 km/h."

Two new features for Tucson are hill start assist, which holds the trucklet on inclines for two seconds while you make your way from brake to throttle, and hill descent control which, when activated, keeps the speed to about 8 km/h. You won't find much use for it in the city, but cottage dwellers may appreciate it when getting across steep trails.

The engine's good enough that you won't feel any need for a V6. Unusually for a four-cylinder, stomping on the throttle for passing simply produces linear power, without any accompanying roar or whine.

The six-speed automatic is well-matched to it, without any gear hunting on hills.

Frugal drivers will also appreciate that its published fuel consumption figures are among the best of all of its competitors.

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Auxiliary audio input jack • Winner of a Consumers Digest Best Buy Award[1]

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INCLUDES FREIGHT AND FEES

LEASE FOR **1.9%** $0 SECURITY DEPOSIT
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CITY: 9.2L/100KM (31 MPG)
HWY: 7.3L/100KM (39 MPG)▲▲

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- J.D. POWER AND ASSOCIATES[3]

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Standard ABS, Vehicle Dynamic Control (VDC), and Traction Control System (TCS) • Nissan Advanced Six Airbag System

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INCLUDES FREIGHT AND FEES

LEASE RATE **1.9%** $0 SECURITY DEPOSIT
$5,298 DOWN PAYMENT

CITY: 8.7L/100KM (32 MPG)
HWY: 6.0L/100KM (47 MPG)▲▲

3.5 SR MODEL SHOWN▲ www.nissan.ca/altima

MORE 2010 REDESIGNED
SENTRA 2.0

2010 RESIDUAL VALUE AWARD ALG AWARD WINNER

★★★★★ 5-STAR RATING FOR FRONT-IMPACT CRASH SAFETY²

0% PURCHASE FINANCING FOR 36 MONTHS‡

$16,657" SELLING PRICE
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CITY: 8.4L/100KM (34 MPG)
HWY: 6.4L/100KM (44 MPG)▲▲

2.0 SL MODEL SHOWN▲ www.nissan.ca/sentra

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†0% purchase financing for up to 36 months available on 2010 Rogue, Altima Sedan (excluding Hybrid) and Sentra models. Representative finance example based on Selling Price of $26,632 for 2010 Altima Sedan 2.5 S (T4RG10 AE00), including freight and PDE ($1,400), $5 OMVIC fee, $29 fire stewardship fee, and $100 air conditioning tax at 0% APR for 36 months equals $600.81 per month with $5,000 down payment or equivalent trade-in. Cost of borrowing is $0 for a total obligation of $26,632. Licence, insurance, registration, and other applicable taxes (including GST, PST and $75 tax for fuel conservation) are extra. Finance offers are available on approved credit through Nissan Canada Finance, for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 2nd and March 1st, 2010. ‡Lease offer available on new 2010 Rogue FWD S (W6RG10 AA00)/2010 Altima Sedan 2.5 S (T4RG10 AE00)/2010 Sentra (C4LG50 AA00). 1.99%/1.99%/2.9% lease rate for a 39/39/60 month term. Monthly payment is $249/$289/$189 with $3,788/$5,298/$1,738 down payment or equivalent trade-in and include ($1,500/$1,400/$1,325 freight and PDE, $5 OMVIC fee, $29 fire stewardship fee, and $100 air conditioning tax. Licence, insurance, registration and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 2nd and March 1st, 2010. †Selling Price is $24,832/$26,632/$16,657 for a new 2010 Rogue FWD S (W6RG10 AA00), Altima Sedan 2.5 S (T4RG10 AE00), CVT transmission/2010 Sentra (C4LG50 AA00), manual transmission and includes ($1,500/$1,400)/$1,325 freight and PDE, $5 OMVIC fee, $29 fire stewardship fee, and $100 air conditioning tax. Licence, insurance, registration and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. All prices are subject to change without notice. Retailer may sell for less. ††The advertised 2010 Rogue FWD S (W6RG10 AA00) Selling Price and monthly payment include $1,500 bonus. The $1,500 bonus is applies only to Rogue FWD S (W6RG10 AA00). The $1,500 bonus is stackable with retail cash purchase incentives. ▲Model shown $30,932 Selling Price for a new 2010 Rogue SL AWD (Y6SG10 AA00). CVT transmission/$33,432 Selling Price for a new 2010 Altima Sedan 3.5 SR (T4SG10 AA00), CVT transmission/$24,557 Selling Price for a new 2010 Sentra 2.0 SL (C4TG10 AA00). CVT transmission and includes ($1,500/$1,400)/($1,325) freight and PDE, $5 OMVIC fee, $29 fire stewardship fee, and $100 air conditioning tax. Licence, insurance, registration, and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. All prices are subject to change without notice. Retailer may sell for less. ▲▲Actual mileage may vary with driving conditions - use for comparison only. The 2010 Rogue is winner of a Consumers Digest Best Buy Award. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ¹Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested. Please see www.safercar.gov for up to date information. ²The Nissan Altima received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2009 U.S. Initial Quality Study™. Study based on responses from 80,930 U.S. new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. ³The 2010 Sentra is winner of the Canadian ALG Residual Value Award – Entry Compact Car category. ⁴For a limited time receive up to $1,000 Grad discount available on select models when leasing or financing a new 2010 Nissan. See retailer for complete Grad program details.

Volvo goes WiFi

In-car entertainment turned it up another wireless notch at the recent Chicago Auto Show when Volvo showed off "the industry's first Internet connected Rear Seat Entertainment System with Windows XP, WiFi and a 500G hard drive." METRO NEWS SERVICES

Singer's Blood, Sweat & top gears

NAME: David Clayton-Thomas

FAMOUS FOR: Juno Award-winning musician, soloist and songwriter, and former lead singer of Grammy Award-winning band Blood, Sweat & Tears, Clayton-Thomas was inducted into the Canadian Music Hall of Fame in 1996.

HIS CAR: A 2009 European Edition Audi A8 Sport in Black Cherry.

WHY HE LOVES IT: It looks black, but when the sun hits it, it has a burgundy undertone. It has the Bang and Olufson stereo, and I wanted that. It's got a few more horses. The chips are a little bit hotter. And it comes with bigger, 19-inch wheels. The Audi has all the luxury of the Porsche, but you can really feel the BMW. It has that sport handling, snappy, punchy.

HIS LIFE IN CARS: I can almost document my life by what I was driving at the time. My California years with my Mercedes 300 SL Roadster, my Toronto years in the '70s were my Porsche years, my New York years in the '80s were my BMW years — mostly M series BMWs, M6s, M3s, M5s — and now back in Canada, the 2000s are my Audi years.

A CAR STORY WORTH TELLING: When I moved to San Francisco in '71, I bought the Mercedes. It was an absolute monster of a car. I found it in a wreckers yard. Just an abused old queen covered in spider webs and dust. I flat-bedded it down to L.A. and had it totally restored. It was very much a California car. So when I moved back to the east coast in '75, I sold it to Steve McQueen. I paid $5,000 for that car. I put $8,000 into restoring it. I sold it to Steve for $35,000. Thirty years later, I found the car again … It had certain signatures in the restoration that I had done that I recognized. They were asking $300,000.

Juno Award-winning musician and former lead singer of Blood, Sweat and Tears David Clayton-Thomas owns a 2001 Audi A8 similar to the one pictured on top right.

WHY HE'S A CAR GUY: Being a chronic gearhead, you no sooner get a car and you want something else, the next best. In my business, you're really surrounded by people a lot. And a car has always meant nobody can touch you out there. That's what it's always been to me, especially in the heyday of Blood, Sweat & Tears, we were living in a hurricane of press. Getting in that little Porsche and getting out on the highway, nobody could touch you out there. It's a nice way to escape.

• David Clayton-Thomas' book, Blood, Sweat & Tears: The David Clayton-Thomas Story, will be released in fall.

Heather Buchan is a Toronto-based journalist who has worked at Homemakers, Canadian Living, Canadian House & Home and, most recently, Hello! Canada, where she cut her teeth in the world of celebrities.

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* $1000 Customer Incentive applies to all new, unlicensed, unregistered, 2009, 2010, and 2011 MY Toyota vehicles registered and delivered during the program period. Eligible customers include all current Toyota owners or lessees in possession of any model year Toyota vehicle that has been licensed and insured in Canada for the consecutive six month period immediately prior to the purchase/lease date of an eligible new Toyota vehicle, ** 0% purchase financing on 2010 Corolla, Camry, Camry Hybrid, Matrix and Rav4 is available for 36 months OAC on select models, ***$500 to $4000 Cash Purchase Incentives (CPI) are available on select models. †1.9% lease financing is available on select 2010 Yaris, Camry, Camry Hybrid, Corolla and Matrix models for 36 months OAC. ††Toyota Complimentary Maintenance Program for Toyota models sold in Jan. and Feb. 2010. Program offers customers 2 years or 48,000 km of factory recommended maintenance like: oil changes, maintenance services and other specific maintenance items like air filters and tire rotations. †††Make No Payments for 120 Days when you purchase/finance a new unregistered Toyota vehicle through TFS. Offer applies OAC to retail customers who purchase and take delivery by March 1, 2010. The first monthly payment will be deferred for 90 days (until the 120th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 90 days of the contract. All programs end March 1st, 2010. Visit or call Toyota on Front for complete details.

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Purchase Financing FOR 5 YEARS
0.9%†

Civic DX Sedan
model FA1E2AEX

Civic 12
BEST SELLING CAR IN CANADA 12 YEARS IN A ROW*

2010 CIVIC

PRICE LOWERED BY $1,000¥
TURN-KEY PRICE‡ $17,420 For Civic DX Sedan
Includes Freight & Fees

LEASE FOR / APR $148# @ NEW OFFER 2.9%£
PER MONTH FOR 48 MONTHS WITH $3,726 DOWN
ON APPROVED CREDIT
Includes $1,430 Freight & Fees

Accord LX Sedan
model CP2E3AE

2010 ACCORD

PRICE LOWERED BY $500¥
TURN-KEY PRICE $26,475 For Accord LX Sedan
Includes Freight & Fees

LEASE FOR /APR $248# @ NEW OFFER 2.9%£
PER MONTH FOR 48 MONTHS WITH $5,286 DOWN
ON APPROVED CREDIT
Includes $1,685 Freight & Fees

CR-V LX 2WD
model RE3H3AEY

2010 CR-V

PRICE LOWERED BY $1,500¥
TURN-KEY PRICE $28,015 For CR-V LX 2WD
Includes Freight & Fees

LEASE FOR /APR $268# @ NEW OFFER 2.9%£
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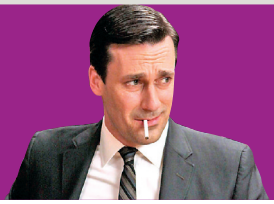
New kid on the Vancouver block

The Fairmont Pacific Rim, fronting one of Vancouver's best addresses, features unobstructed views of the north Shore Mountains, Stanley Park and Coal Harbour. With its rooftop pools and resort style, it debuts in March with rates starting from $229 for a guestroom. METRO NEWS SERVICES

Travel



Stay like Mad Men in New York

New York's Carlton hotel is offering the ultimate Mad Men Package this year, Mad about NYC. Guests can walk in the well-heeled footsteps of Don Draper, Roger Sterling, Joan Harris and the entire Sterling Cooper gang with this special travel package created exclusively for the Carlton Hotel for fans of the hit TV show Mad Men. The package is $129.99 per person + tax a night and is valid through the end of the year and can be booked on Carlton's website carltonhotelny.com. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Going under down under

Take the plunge in Australia and swim with rare seal lions in Baird Bay

JESSICA CARLESON
Metro World News

Australian sea lion.

METRO WORLD NEWS

The sea lions are very gentle but you do have to be aware that the lions are a prime meal for sharks.

Australia is really nature's own animal experimentation lab.

The world's most venomous snakes and most dangerous sharks are found Down Under together with the cuddliest koalas and most colourful birds.

But, it turns out the most surprising and delightful aquatic creature in the southern hemisphere is the Australian sea lion. And in one beautiful and remote bay in South Australia, 745 kms west of Adelaide, you can even get the rare opportunity to swim with them.

LIFE CHANGING MOMENT

Alan and Trish Pound moved to quiet Baird Bay in 1992 to semi retire. Their plan was to enjoy life and do some fishing. Little did they know the encounter that would change their lives.

"We were fishing in the bay and suddenly a sea lion put its head up out of the water. Alan being curious jumped in and began swimming with it. They found us and we found them," Trish recalls.

Eventually the couple started swimming tours in Baird Bay, to allow others to enjoy this unique experience and also to increase knowledge and understanding of Australian Sea lions.

"They are misunderstood. It is thought that they steal fish from fishermen and destroy nets. That is not true," says Trish.

70 One of the rarest seal species, the Australian sea lion population consists of about 12 000 animals, nearly two-thirds of these live in the South Australian waters. In Baird Bay there is a colony of about 70. Another good place to get close to them is on Kangaroo Island where you can see the sea lions up close.

TWO TOURS A DAY

Only two tours a day are made to the shallow pool near the sea lions' island. When approaching the cliffs, nervous and exited, you first can't make out the seals from the background and then suddenly they spot us and one seal makes an agile leap into the water.

Soon other seals begin surfacing around the boat.

The sea lions have huge dark eyes and whiskers, no wonder Trish calls them the "cats of the sea." She also underlines that all tours are made strictly on the sea lions' terms.

"We never go on their island. We always meet them in their element, in the water. About six adults come out to the pool to play."

We are fitted with wetsuits and snorkels but fins are not allowed.

METRO WORLD NEWS

Kangaroo Island is another place you can view the Australian sea lions up close.

TAKE THE PLUNGE

My heart skips when I put my head under water and look into the big eyes of a seal called Fangs. When I instinctively reach out my hand the young sea lion nibbles playfully at my fingers and then speeds off, amazingly acrobatic and graceful. I thought I was a good swimmer — these sea lions show us who's king of this element, with something I can only interpret as a great sense of humour.

But why do they want to swim with humans?

"Because they enjoy our company," Trish says and stresses that they have never fed the sea lions or dolphins in the bay.

"You don't have to feed someone for them to become your friend. If you treat them with respect they give it back."

SHARK!

Trish and Alan are not the only ones who love sea lions. Sharks fancy them too, but as dinner. But Trish says there hasn't been a shark attack on a human in Baird Bay since they began their tours.

"But they are close by, we keep a close watch," says Trish.

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Olympic boost
Olympic tourism officials have released a report showing that the Vancouver economy got a boost in the amount of $5.2 million on Opening Day alone. METRO NEWS SERVICES

The day when everyone is Irish

Visit Dublin next month for a St. Patrick's Day celebration and pints of Guinness like no other

EUGENE HENDERSON
Metro World News

Think of Ireland and you probably think of St Patrick's Day and drinking Guinness.

And for good reason. There's probably not a better spot on planet Earth next month to sample the delights and passions of Dublin than while the city is celebrating the country's patron saint.

WHERE TO WAKE UP

Fitzwilliam Hotel
fitzwilliamhotel.com

After a night carousing and talking to anyone and everyone at Kehoe's on South Anne's Street it's handy to be staying Fitzwilliam Hotel right in the heart of Dublin.

Ideally located by Stephen's Green and very handy for Dublin's finest.

WHERE TO SPEND THE MORNING

Temple Bar
thetemple-barpub.com

The world famous Temple Bar has plenty of street entertainment and musicians to keep your mind off the Guinness.

Or stroll down O'Connell Street to the historic General Post Office where the 1916 Easter Uprising started.

WHERE TO LUNCH

The Stags Head
thestagshead.ie

A great Dublin haunt hidden away on Dame Square. Worth a trip to just for the classic decor and a great place for a few pints ahead of a night out. Four pints and two hearty bowls of Irish stew with soda bread will cost under $25, but not on Sunday.

WHERE TO SPEND THE AFTERNOON

Viking Splash Tours
vikingsplash.ie

Dublin is awash with fabulous bars and shopping is catered for in Brown Thomas' elegant Grafton Street store.

But for something different try climbing aboard Viking Splash Tours for a land and water experience in a Second World War Amphibious vehicle.

METRO WORLD NEWS

Temple Bar is famous the world over for being the Irish bar you must visit at least once.

METRO WORLD NEWS

St. Patrick's Day, on Mar. 17 this year, is the one day when everyone becomes Irish.

WHERE TO HAVE DINNER

Abrakebabra
abrakebabra.com

On St Pat's Day you're allowed to skip a meal to allow room for a drink or three.

Later a visit to a fast food store like Abrakebabra — no prizes for guessing what they sell — will be mandatory.

Decent grub for less than $10.

WHERE TO SPEND THE NIGHT AWAY

O'Donoghue's
odonoghues.ie

Dublin comes alive once the lights start to dim. O'Donoghue's on Merrion Row is always a winner and has strong links with the band The Dubliners.

Other Irish greats including Christy Moore, The Fureys, and Thin Lizzy's Phil Lynott have all played there on numerous hazy nights

A LITTLE BIT OF CULTURE

Authors aplenty

As a city that has fathered four Nobel Prize winners for literature, Dublin has plenty for the culture vultures.

From George Bernard Shaw (yes he was Irish) right up to Seamus Heaney, winner of the 1995 prize, the city has a rich literary tradition borne out in Brendan Behan's favourite boozer McDaids on Harry Street.

ONE FOR THE ROAD

BRUXELLES PUB

It sits across the street from McCaids but this other famous bar claim to fame is strictly beer.

You can shop around for a cheap pint of Guinness and it has become quite a pastime, despite the recent reduction in the level of taxes on the black stuff but Bruxelles still has the best at $4.50 for the perfect pint.

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tico.ca

On-time most of the time
A new government report says airlines were on-time for 80 per cent of their flights last year. That's their best record since 2003. METRO NEWS SERVICES

Forget about reality TV

Reality tourism taking off at former KGB jail

PAUL BALDWIN
Metro World News

METRO WORLD NEWS
Karosta prison, once home to prisoners, now houses tourists.

"You are now the property of the Soviet government!" barks the impossibly huge guard, "Do not think of escaping. There is no way out of here. You will do exactly what we tell you!"

As hotel welcomes go, I've had gentler.

But this is no ordinary hotel, this is the infamous Karosta Prison in Liepaja, Latvia, a rotting red-bricked naval jail built in 1905 to house the czar's mutinous sailors and taken over by the KGB in the 1970s.

Today more than 20,000 visitors a year pay about $7 for an overnight stay.

It's called reality tourism. Two guards march the party upstairs where we stand, foreheads against the wall, hands behind backs. Over the next 14 hours we are handcuffed, barked at, instructed to do hundreds of push ups, abused, made to assemble their own beds and thrown in solitary confinement. At one point I am examined by a nurse surrounded by a terrifying array of surgical tools and interrogated by a Soviet commander and his henchmen. And trust me, it does not feel like play-acting. Of course there is no actual violence and you are free to leave at any time (and many do). But the experience, though ultimately make-believe, is a quite profound one.

For a century Karosta was the brutal home to thousands of Soviet men. Very few hotel stays will leave you quite so thoughtful when you check out in the morning.

Jail facts

- More than 150 people are believed to have died in the jail
- In its 100 year history not one prisoner ever escaped

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St Lucia $185 — Travel Mar 5 - Mar 12/wg + taxes & fees $233
Jamaica $197 — Travel Feb 22 - Mar 1/5g + taxes & fees $269
London $199 — Travel Mar 21 - Mar 26/ts + taxes & fees $395
Paris $244 — Travel May 15 - May 21/ts + taxes & fees $347
Panama City $245 — Travel Mar 6 - Mar 13/wg + taxes & fees $220
Rome $399 — Travel Mar 22 - Apr 6/ua + taxes & fees $366
Beijing $529 — Travel Mar 30 - Apr 14/ua + taxes & fees $358
Honolulu $549 — Travel Apr 13 - Apr 20/dl + taxes & fees $154
Delhi $579 — Travel Mar 30 - Apr 11/kl + taxes & fees $415
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Margarita Island 7 Nights 4-Star $497 — Dunes & Beach Resort + taxes & fees $357
Departs Mar 23/nol/c6.
La Romana 7 Nights 4-Star $518 — Oasis Canoa + taxes & fees $320
Departs Mar 29/vat/ts.
Samana 7 Nights 4-Star $597 — Grand Paradise Samana + taxes & fees $322
Departs Mar 1/sqv/5g.
Puerto Vallarta 7 Nights 4-Star $598 — Holiday Inn Puerto Vallarta + taxes & fees $272
Departs Mar 29/vat/5g.
Mayan Riviera 7 Nights 4-Star $647 — Ocean Maya + taxes & fees $272
Departs Apr 5/nol/5g.
Cozumel 7 Nights 4-Star $665 — El Cozumeleño Beach Resort + taxes & fees $277
Departs Apr 17/acv/ac.
Costa Rica 7 Nights 4-Star $697 — Allegro Papagayo + taxes & fees $210
Departs Mar 4/nol/5g.

Cruise Vacations

Alaska 7-Night Cruise $459
Celebrity Millennium + taxes & fees $183
CRUISE from Anchorage/Seward to Vancouver and visit Ketchikan, Icy Straight Point, Juneau and cruise to Hubbard Glacier. Sails May 21/cel.

Mexican Riviera 7-Night Cruise $459^ — Carnival Splendor + taxes & fees $60*
CRUISE roundtrip Los Angeles and visit Puerto Vallarta, Mazatlan & Los Cabos. Sails Mar 7/cnv.
Eastern Caribbean 8-Night Cruise $569 — Independence of the Seas + taxes & fees $137
CRUISE roundtrip Fort Lauderdale and visit St Maarten, St Thomas, San Juan & Labadee. Sails Mar 6/rcl.
Hawai'i 10-Night Cruise $919 — Rhapsody of the Seas + taxes & fees $45
CRUISE from Honolulu to Vancouver and visit Maui and the Big Island (Kona & Hilo). Sails Apr 27/rcl.
China to Japan 7-Night Cruise $958 — Legend of the Seas + taxes & fees $53
CRUISE from Shanghai to Tokyo (Yokohama) and visit Naha, Kagoshima, Kobe (overnight) & Nagoya. Sails Apr 25/rcl.
Greece & Turkey Air + 3 Nights + 4-Night Cruise $1349 — M/V Aquamarine & Kaningos 21 + taxes & fees $465
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USA Vacations

Atlantic City Air + 3 Nights 4-Star $149
Ballys Atlantic City + taxes & fees $116
Departs Feb 22/wsv/ws.

Orlando Family Special Air + 5 Nights $159◊ — Champions World Resort + taxes & fees $231
Departs Mar 28/ggv/ts. ADD Walt Disney World Resort 5-day Magic Your Way Base Ticket for $257 person.
Las Vegas Air + 4 Nights $255 — Imperial Palace + taxes & fees $241
INCLUDES accom on the Strip. Departs Apr 25/swg/wg.
California Air + Car $489 + taxes & fees $128
INCLUDES air into San Francisco, return from Los Angeles and 7-day car rental. Departs Mar 3/ggv/ac.
Hawai'i Island Combo Air + 7 Nights $999 — Ohana Waikiki West & Aston at the Maui Banyan + taxes & fees $164
INCLUDES air to Honolulu, 4 nights Waikiki accom, inter-island air, 3 nights Maui accom and return air from Maui. Departs Apr 14/ggv/dl.

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TICO

Headed to the beach

Porter Airlines is offering round trips between Toronto and Myrtle Beach beginning Feb. 28. One-way fares start at $199, plus taxes. METRO NEWS SERVICES

TIM MCGLIFF/THE ASSOCIATED PRESS

Positioned 14 metres off the ground, ziplining safaris aren't for the faint of heart.

Off the beaten path

Ziplining, horseback tours and nature await in Florida

On a recent, chilly evening, I looked up and saw more stars than I ever had in the Florida sky. I was 14 metres above the ground and my heart was racing.

Then, I stepped off my platform into an inky abyss. I could barely see the glimmer of a swamp below.

Attached to a harness and a cable, I flew through the forest to the next platform. The hum of the zipline and the occasional night bird were the only sounds in my ears.

This was no Central Florida theme park ride — it was a starlight zipline tour on a ranch south of Orlando. For a weekend, I trekked around the area in search of a wild Florida, away from the manicured and manufactured.

The greater Orlando area is well-known for the obvious: Sprawling strip malls, chain eateries and, of course, enormous theme parks promising fun and adventure. At some point, you may get sick of the parks, tired of rollercoasters and can't take another cartoon character. It's time to get wild and get off the well-worn tourist path.

There are plenty of possibilities. From the starlight zipline tour to waterskiing to off-road safaris both motorized and hoofed, there's much more to the area than most tourists ever dream of.

TIM MCGLIFF/THE ASSOCIATED PRESS

Horseback tours are a great way to see the real Florida.

Something to do after Disney

WANT TO FLY?

Tours vary by cost but a zipline safari and a horseback adventure is $110 at Forever Florida in St. Cloud. Check out forever-florida.com for more details.

GOT A NEED FOR SPEED?

Do you want to feel the wind in your hair as you whip through the brush of the Florida countryside? Price varies by tour but a two-and-a-half-hour ATV experience costs $65 at Revolution Off-Road Experience in Clermont. Visit revolutionoffroad.com for more details.

WHERE TO STAY?

After a hard day of trekking through Florida you will want a quiet place to rest your head. The Lakeside Inn in St. Cloud has rooms for as little as $35 and suites starting at $65. There is a restaurant onsite with giant breakfasts. Visit lakesideinnfl.com to book.

THE ASSOCIATED PRESS

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Madonna looking at new fashion line

Madonna is in talks to launch a women's clothing line to be sold at Macy's, sources tell Women's Wear Daily. The line would include apparel, accessories, lingerie, and shoes — the underwear portion possibly to be named Truth or Dare. EW.COM

Entertainment

Spelling book

Simon & Schuster — publisher of Tori Spelling's two previous books — has signed the actress to her first children's book, Presenting...Tallulah, the tale of a spunky little girl. EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Thrilling recreation

Martin Scorsese chats with Metro about Shutter Island

PHIL BROWN
for Metro Canada

Few filmmakers have reached the iconic status of Martin Scorsese. With a back catalogue filled with classic titles like Taxi Driver, Raging Bull, and Goodfellas, his place as one of the greats in cinema history is assured.

These days the director has little left to accomplish, but can't stop making movies because of his undying passion for the medium. An obsessive cinephile, Scorsese continues to be inspired by films of the past and seeks out opportunities to make projects equal to those that enthrall him as a viewer. His latest film is Shutter Island, an attempt to recreate one of the Hollywood thrillers of his youth.

Although Scorsese had previously undertaken something similar in 1991 with Cape Fear, the director told Metro that he wasn't sure how Shutter Island would turn out.

"I like to say that I didn't quite know what it would be and gave myself over to the material along with the actors," he said.

Shutter Island opens Friday

"It was a process of discovery throughout. That doesn't mean that I didn't know that it was going to be a process of discovery, I just didn't know how much there would be and there turned out to be a great deal."

Though somewhat uneasy with the material, Scorsese did know from the beginning where his movie fit in with the history of film and how he would honour his narrative forbearers.

"I think the trappings of the story and the nature of the situation automatically bring certain films to my mind and certain images that go back several hundred years," said Scorsese.

"A shot of a mansion at night in a storm creates certain reactions because that's part of our DNA to a certain extent in film. So the movie draws a lot on a very long memory of films that's I've seen and books that I've read over the years.

"The issue was to have them work for our story and our characters, but at the same time refer to other material from the past. In other words, the more you see of the past the more you can draw up that to make the present and the future."

"I like to say that I didn't quite know what (Shutter Island) would be and gave myself over to the material along with the actors."
Martin Scorsese

When asked what specific influences he drew upon for his tale of a detective unraveling a dark mystery in a foreboding mental institution, the director pointed to a few specific genre filmmakers he valued above all others.

"Well there's always Mario Bava and his use of very powerful colours. I always loved the thriller/horror films that he made in the late '50s early '60s like Black Sunday and Black Sabbath and I keep referring to them," revealed Scorsese. "But Val Lewton and Jacques Tourneur's movies like Cat People are really the key films. They are beautiful works of poetry that I look at repeatedly. They are like pieces of music. I keep watching them and its kind of new every time. I can't reach that level of Tourneur though. He was remarkable."

Scorsese might be too modest to admit that he's an equal to the filmmakers that inspire him, but audiences need to only watch a few minutes of his extraordinary work to see that he is one of the true masters of cinema.

Martin Scorsese and Leonard DiCaprio on the set of Shutter Island.

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Stong silent type

Roger Ebert can't speak, but still communicates

Film critic Roger Ebert lost his ability to speak nearly four years ago, when he underwent a tracheostomy, a procedure that opens an airway through an incision in the windpipe, after surgery for cancer in his jaw.

In an interview in the new issue of Esquire magazine, the 67-year-old film critic for the Chicago Sun-Times uses pen and paper and text-to-speech computer software to communicate. He's developed a kind of rudimentary sign language, and he sometimes draws letters with his finger on the palm of his hand.

Ebert had surgery to remove his cancerous thyroid in 2002. He had surgery on his salivary glands in 2003 and on his jaw in 2006. Complications in 2006 led to more surgery and months of recuperation.

He lost his ability to speak.When asked about another operation to restore his voice, Ebert shakes his head.

Roger Ebert lost his ability to speak after surgery in 2006.

Ebert has been a film critic for the Sun-Times since 1967. In 1975, he became the first journalist to win a Pulitzer Prize for movie criticism.

His thumb, pointing up or down, was the main logo of the televised movie review shows he co-hosted, first with Gene Siskel of the rival Chicago Tribune and — after Siskel's death in 1999 — with his Sun-Times colleague Richard Roeper.

The Esquire article describes a moment where Ebert begins to type on his computer. He presses a button and the speakers light up. "I've never said this before," the voice says, "but we were born to be Siskel and Ebert." The voice then says: "I just miss the guy so much."

Besides his film reviews, Ebert writes a blog and has published numerous books. THE ASSOCIATED PRESS

Rates Rise Again

Ontario Regulators Approve More Increases To Car Insurance Rates

Are Rates REALLY Going Up Again?

Unfortunately, the answer is yes. The most recent round of rate increases approved by Ontario regulators has confirmed everyone's worst fears. Car insurance rates are continuing on their one-way trip upwards despite news late last year that the government will soon be introducing reforms to give consumers more choice and flexibility. The most recent increases for the fourth quarter of 2009 bring the average increase across Ontario insurers over the last 12 months to 8.8%. Depending on the insurance company you are with and your situation, you might be on the road to seeing double-digit increases.

Is There Any Hope Of Paying LESS For Car Insurance?

Absolutely. Rates may be on the rise, but the size of the increases can vary significantly from one company to the next and from driver to driver, so don't be fooled by the headlines which suggest we're all doomed to pay more for car insurance. The truth is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now. This is where InsuranceHotline.com can help by instantly providing quotes from over 30 insurance companies to find you the lowest rate available – and the service is absolutely FREE to use.

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Rate Comparison

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Mueller checks into rehab

Charlie Sheen's wife Brooke Mueller has checked into a rehab center for substance abuse. Mueller, 32, checked into The Canyon rehab facility in Malibu last Tuesday, according to TMZ.com. PEOPLE.COM

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Oscar loves a villain

Academy favours the dark side (again) for 2009 nominations

For your consideration: A pedophile serial killer with a creepy dollhouse hobby, a murderous Nazi who delights in tormenting Jews, and a hateful mother who abuses her daughter and granddaughter.

Hollywood loves a bad boy and so does Oscar, with academy voters nominating several roles this year that are less than cordial, if not downright crazy.

There's Christoph Waltz for his chilling performance as smooth-talking, Jew-hunting Nazi Col. Hans Landa in Inglourious Basterds; Stanley Tucci for his scary, blue-eyed turn as pedophile George Harvey in The Lovely Bones; and Mo'Nique for her role as Mary Jones, the abusive mother in Precious.

So what is it about iniquitous villains that actors, moviegoers and members of the Academy of Motion Picture Arts and Sciences find so compelling?

"I think we take a vicarious pleasure in the problems that they present, in the pain that they inflict, and not least of which in the demise that they suffer at some point," says Stephen Lang, who plays the vengeful, scar-faced military officer Miles Quaritch in Avatar.

"It's like having a vaccine," says Karen Sternheimer, a sociology professor at the University of Southern California.

"It's a low dose of something that you really don't want to experience in real life, a way of experiencing something really awful about the human condition from a safe distance."

The Academy has long been fascinated with bad guys... and girls. Actor Mo'Nique, right, as an abusive mother to Gabourey Sidibe's (left) character Precious in the eponymous 2009 film, is up for an Oscar.

"We're seeing cutthroat Hollywood exposing themselves in a clear trend . . . a broader acceptance that these (evil) roles are artistic."
Tom O'Neill, writer for TheEnvelope.com

This season's crop of nefarious characters highlights a long-standing pattern among academy voters of tending toward the dark side.

In 1932, Fredric March won best actor for Dr. Jekyll and Mr. Hyde. And who can forget Louise Fletcher's winning role as the cold-hearted Nurse Ratched in 1975's One Flew Over the Cuckoo's Nest. Then there's Anthony Hopkins' unforgettable 1991 portrayal of Hannibal Lecter in Silence of the Lambs. Yet academy voters seem to be embracing the unsavoury even more of late, reflecting a change in what kinds of roles might be considered Oscar-worthy, says Tom O'Neill, a writer for the awards-tracking website, TheEnvelope.com.

"We're seeing cutthroat Hollywood exposing themselves in a clear trend . . . a broader acceptance that these (evil) roles are artistic," he says. "We're seeing more artistic movies become darker."

Take Heath Ledger's posthumous Oscar last year for his supporting role as the Joker in The Dark Knight, a villain so vicious that playing him reportedly kept the actor up nights. Another bad guy, Javier Bardem's cattlegun-wielding Anton Chigurh in No Country for Old Men, took the same prize the previous year.

Tilda Swinton won the supporting actress Oscar for her 2007 role as a heartless, scheming attorney in Michael Clayton. Daniel Day Lewis took home the golden guy that same year for his leading performance as ruthless, murderous oil man Daniel Plainview in There Will Be Blood. Before that, Forest Whitaker won for his turn as Idi Amin, the corrupt, bloodthirsty Ugandan dictator, in The Last King of Scotland. THE ASSOCIATED PRESS

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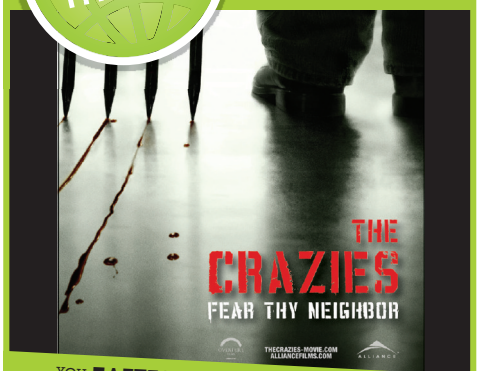

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Billy Elliot coming to Toronto

Award-winning musical Billy Elliot will be dancing its way to Toronto. Mirvish productions says it will mount the show in February 2011 about a coal miner's son who dreams to dance. METRO NEWS SERVICES

EMI seeks buyer for Abbey Road

Cash-strapped music company EMI Group Ltd. is seeking a buyer for Abbey Road studios, where The Beatles recorded some of their most famous songs, a person familiar with the situation said yesterday.

The person said talks had been going on for several months, but a buyer had not yet been found. The individual spoke on condition of anonymity because the talks are private.

A spokesman for EMI refused to comment on the sale bid, which could raise tens of millions of dollars for the label.

EMI, whose artists include Coldplay, Lily Allen and Robbie Williams, has struggled financially since it was bought in 2007 for 2.4 billion pounds by private equity firm Terra Firma Capital Partners.

Several big-name acts, including Radiohead and the Rolling Stones, quit the label amid the cutbacks and restructuring that followed Terra Firma's takeover.

An audited report released last week revealed that Terra Firma needs a huge cash infusion by June to avoid defaulting on its loans from Citigroup Inc. and may require more than $165 million US to last through this year.

If funds can't be raised and the loan goes into default, Citigroup could seize EMI and cause it to be sold or broken up.

Abbey Road is one of the company's most high-profile assets, as both a recording studio and a tourist attraction for Beatles fans.

THE ASSOCIATED PRESS

Lady Gaga picks up three Brit Awards

MUSIC Lady Gaga swept the U.K.'s Brit Awards last night, winning three categories and offering an emotional tribute to Alexander McQueen, the British fashion designer.

Gaga collected awards for best international female artist, best international breakthrough act and best international album.

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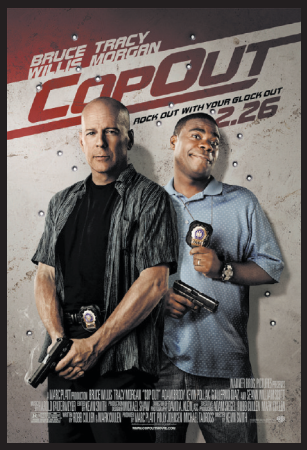

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Baring more than his teeth

Kellan Lutz was "completely at ease" stripping down for Calvin Klein's new underwear ads because the underpants "hold everything in." FEMALEFIRST.CO.UK

The Hunter seeks the Golden Bear

An Iranian movie, made against the backdrop of last year's election campaign and centering on a man whose wife is killed in a shootout between police and demonstrators, made its debut yesterday at the Berlin film festival.

Director Rafi Pitts said he received authorization to make The Hunter from Iranian authorities and shot it before the violence that followed President Mahmoud Ahmadinejad's disputed re-election last June.

Pitts, who grew up in Tehran but has lived in Britain and France since, said he had "no idea" when the film might be shown in Iran.

GETTY IMAGES

Iranian Rafi Pitts both directs and stars in film The Hunter.

"I don't think it's a one-sided film, so I think it has the right to be shown," he said at a news conference. "The question is, will they give me the right?"

The film's main character, played by the director, is released from prison amid talk of upcoming elections and Iran's supreme leader, Ayatollah Ali Khamene. He tries to spend time with his wife and young daughter, but they are accidentally killed in a shootout. Pitts' character, Ali, randomly shoots dead two policemen on a city highway, after a long and frustrating wait for information, and flees before being nabbed by two officers who argue about what to do with their captive. Pitts insisted that the film depicts a "Kafkaesque situation (that) relates to many countries, it's a universal theme."

The Hunter is one of 20 films competing for the festival's top Golden Bear prize, which will be awarded Saturday.

THE ASSOCIATED PRESS

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Robertson rumours dispelled

NEWSCASTER Lloyd Robertson says he's not stepping away from the anchor desk any time soon.

The veteran CTV newsman appeared on a Vancouver talk radio show yesterday to dispel online rumours that he is finding it taxing to cover the Olympics and will retire once they are done.

Robertson, often referred to as "Canada's most trusted news anchor," said the rumours were a "fascinating work of fiction, really fascinating."

The rumours began with a blog post by Howard Bernstein, a former TV producer who has worked for CBC, CTV and Global.

THE CANADIAN PRESS

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primetime 2/17/10	265	353	2	TVO	Meerkat Manor	Meerkat Manor	The Agenda With Steve Paikin		The Fixer (Part 1 of 6)		View From Hr	View From Hr	Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	Bones (HDTV PA)		Kitchen Nightmares		The Deep End (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	XXI Winter Olympics Snowboarding. (Live)				Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (HDTV)		Republic of Doyle (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		How I Met	How I Met	Modern Family	The Middle	Cougar Town	Cougar Town	News
	212	313	8	CTV	(6) XXI Winter Olympics Speed Skating, Hockey, Snowboarding, Medal Ceremonies. (Live)								
	218	345	11	CHCH	*Shapeshifter* ★ (1999, Fantasy) Paul Nolan, Bill MacDonald.				*No Contest* ★★ (1994, Action) Andrew "Dice" Clay.				News at 11 (N)
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	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Modern Family	The Middle	Modern Family	The Middle	Cougar Town	Cougar Town	News
	219	346	20	ACH-B	TMZ (N)	Access H.	Criminal Minds (HDTV)		American Idol (HDTV) (N)		CSI: NY (HDTV)		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Human Target (N)		American Idol (HDTV) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Wait for God	Faces of America		The National Parks: America's Best Idea (DVS)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Life Unexpected (HDTV)		Gossip Girl (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	What's-Store	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Life Unexp.
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		Geologic Journey		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Asia Squawk Box (Live)		Cash Flow (Live)				Mad Money
sports	405	417	22	net	(6) XXI Winter Olympics Curling, Speed Skating, Hockey. (HDTV) (Live)								
	400	400	30	TSN	(6) XXI Winter Olympics Hockey, Curling, Snowboarding. (HDTV) (Live)								
	411	457	58	OLN	Angry Planet	Bounty Hunter	XXI Winter Olympics Snowboarding, Luge. (Live)					Angry Planet	Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Dangerous Drives (HDTV) (N)		Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pass Time
family	551	542	25	YTV	Fries That?	Prank Patrol	The Next Star		The Next Star "16 to 6"		Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Chef Worthy	Grocery Bag	The Restaurant	Grocery Bag	*Rivals* ★ (2000, Docudrama) Jennifer Finnigan.		
	570	580	29	MM	Make It or Break It		disBAND (N)	Video on Trial	Secret Life of American Teen		MOD Live at the Base		Concert Series
	615	520	31	A&E	Criminal Minds (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Dog the Bounty Hunter		Steven Seagal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Sangue e la Rosa				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		Gene Simmons	Gene Simmons	Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	CMT Star
	616	521	39	SHO	Relic Hunter		*Summer House* (2008, Suspense) Lindsay Price.				HawthoRNe (HDTV) (N)		NCIS
	620	523	40	BVO	Death at-Opera	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Star Portraits	White Collar		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		End of Leash	End of Leash	End/Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	Ice Pilots NWT (N)		Nostradamus Effect		Ice Road Truckers		Ice Pilots NWT (HDTV)		Re-Inventors
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	Hot Box (N)	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Agent-Agent	Real Estate	Property Virgin	Unsellable	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	College Basketball Georgia at Tennessee. (HDTV) (Live)				Law & Order: Special Victims		The Office
	576	582	49	BET	106 & Park: BET's Top 10 Live		BET Honors 2010 Host Gabrielle Union.				The Game	The Game	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Smallville "Roulette"		Supernatural (HDTV) (N)		InnerSpace
	581	566	52	MTV	Canada's Next Top Model		Canada's Next Top Model		The Real World		The Real World (N)		Real World
	618	524	54	TROP	Rescue Ink		Hoarders "Deborah; Jim"		Hoarders "Linda; Todd"		Parking Wars	Parking Wars	Spoiled Rotten
	603	561	56	FOOD	Ricardo	Fresh-Anna	Challenge		Iron Chef America		Chopped		Restaurant
	261	394	60	V	Murder, She Wrote		No Place Like	Open All Hours	Doc Martin (N)		Unscripted (N)	God Bless	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	526	507	249	VIVA	Cold Case "Fireflies"		Missing "Resurrection"		The Closer		Cold Case "Fireflies"		Mediums
	300	601	301	M1	(7:15) *Grindstone Road* (2008, Suspense) Fairuza Balk.				*Fast & Furious* ★★ (2009, Action) Vin Diesel.				*Transporter 3*
	305	612	306	PIX	(7:10) *Mulholland Falls* ★★ (1996, Mystery)				*The End of Violence* ★★ (1997, Drama) Bill Pullman.				*Inferno*
	520	146	-	DISC	Daily Planet (N)		The Colony (N)		Man vs. Wild "Texas"		Mayday		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Australia's Next Top Model		FashionTele	RAW	Canada's Next Top Model		Fashion Television-Toronto Fashion Week		

Anxiety, huh?
Chynna Phillips has entered a rehab facility for anxiety, tvguide.com reports. "With the full support of her family and friends, she is looking forward to her recovery," said her publicist, Lizzie Grubman, who didn't disclose the location. METRO NEWS SERVICES

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk
with Lainey Lui

PATRICK CHAN. He is the brightest star in the Canadian men's figure skating program, the youngest to ever capture the national title, and tonight in Vancouver Patrick Chan will perform his free skate in front of a frenzied home audience that will include a large contingent of screaming teens cheering on their idol. The appealing Chan, just 19, has distinguished himself from his competitors by focusing on artistic interpretation and dizzying footwork rather than on the jumps and leaps that preoccupy other less creative skaters. Here are three things you might not know about Patrick Chan:

ONE Most athletes obsessively observe game day rituals. Chan always ties his right boot before his left.

TWO He is a football fan. But he prefers the American game to the Canadian one and his favourite team is the Indianapolis Colts.

THREE Chan is currently featured in the Harry Rosen Spring 2010 ad, giving up the sequins and skates in favour of a smart Hugo Boss suit and dress shoes.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games. etalk

Will he? Won't he?

JOIN THE ENGAGEMENT GOSSIP DANCE. APPARENTLY, HE WON'T Word is Leonardo DiCaprio may have popped the question to on-again-off-again girlfriend Bar Refaeli, as the Israeli model flashed a shiny gold ring on her engagement ring finger at a charity dinner at the Berlinale film festival with DiCaprio and his mother, according to the Daily Mail.

The pair had split up last year, reportedly because DiCaprio wasn't ready to settle down, but appeared to have rekindled their romance last month.

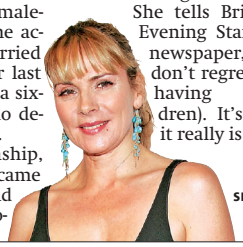
But, a source close to DiCaprio, 35, tells us-magazine.com that German reports that he proposed on Valentine's Day are "not true."

METRO WORLD NEWS

She must be so unhappy

BECAUSE NO WOMAN COULD FEEL FULFILLED WITHOUT A BALDING HUSBAND AND GAGGLE OF UNGRATEFUL KIDS Kim Cattrall has no regrets about ending up single and childless at 53, female-first.co.uk reports. The actress has been married three times, with her last divorce in 2004 after a six-year union with audio designer Mark Levinson.

Her last relationship, with chef Alan Wyse, came to an end last year and Cattrall blamed her romance woes on her heavy workload. But the star is adamant she's learned to love life as a single lady — even though she's missed out on starting a family.



She tells Britain's Evening Standard newspaper, "I don't regret (not having children). It's fine, it really is."

METRO NEWS SERVICES

Hating her pin-up body

BOO FRICKIN' HOO Transformers beauty and new Armani lingerie model Megan Fox isn't so fond of her looks, it turns out, complaining to W magazine that she looks too much like a 1940s pin-up model.

"There are some women you could put in underwear and photograph them, and it looks really classy and it doesn't necessarily provoke a pin-up image," she says.

"But with me, it does, immediately. As soon as I'm in underwear, I'm a Vargas girl."

All this self-criticism stems from having no confidence, she insists.

"Because of that, I'm always second-guessing myself."

METRO WORLD NEWS

The saying is 'sitting pretty'

NOT 'SITTING PRETTY WASTED' Former New York Fashion Week fixture Lindsay Lohan is apparently not welcome around the runways these days, as some industry insiders insist the troubled actress isn't worth the hassle, according to Gatecrasher.

Designer Jill Stuart has reportedly banned Lohan from her show, sources say.

"A lot of designers, and especially Jill's camp, don't think she's worth all the press she'd get their show," the source says.

Stuart's camp denies that Lohan has been banned.

METRO WORLD NEWS

Kickstarts, compasses and kibble

HOLA, GUAPAS — ¿USTEDES QUIEREN TOCAR MI PERRO? Ewan McGregor wants to take his dog on a motorbike trip across South America, female-first.co.uk reports.

GETTY IMAGES

The British actor — who has previously taken a biking adventure across the world with fellow enthusiast Charley Boorman for documentary series Long Way Round — has been preparing his pet to go out on the road with him.

"I might go on my own. I've got a dog, Sid," he says. "I've trained him to ride in my side car and I thought we could do a trip together."

METRO NEWS SERVICES

Chance of hosting looks golden

LIVE FROM NEW YORK ... IT'S SATURDAY NIGHT BARELY ALIVE! Betty White says she's tickled by the support fans have been giving her through an online petition to have the 88-year-old actress host Saturday Night Live that started at Facebook.

"I'm just amazed. I would think by now that they've had such an overdose of Betty White that they'd be throwing rocks instead," White tells E! News.

But will she be hosting the late-night comedy show anytime soon?

"It would depend on scheduling and all that. But who knows? You can't ever say yes or no or never — you just wait to see what happens."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

DIABLO CODY is rethinking her TV viewing choices, **KEVIN SMITH** may give up fighting Southwest about his weight, **STEPHEN FRY** thinks some honours should be harder to earn, and **AMANDA BYNES** tries to work through her fears.

@diablocody I feel like I should be watching that show with Mark Harmon and the goth scientist chick.

@ThatKevinSmith In a current CNN.com home page poll, 58% of responders are on @SouthwestAir's side! Guess it's time I shut up about it.

@stephenfry MPs get medals just for visiting Afghanistan?? Surely that can't be right.

@amandabynes i have to go to the market but i DO NOT want to go ALONE grrrr! i have to grow up and GO alone! i will NOT be KIDNAPPED!

METRO WORLD NEWS

First comes love

THEN COMES BABIES ... NO WAIT, THAT'S NOT HOW IT GOES After three years together and two babies, Nichole Richie and Joel Madden are reportedly set to make it official. Richie taped an appearance on The Late Show with David Letterman on Monday that will air Friday, and while there she reportedly announced her engagement to Madden, according to E! News.

METRO WORLD NEWS

The Weather Network ©The Weather Network 2010

Today 60% Flurries 0° / -5°

Thursday 40% Flurries 0° / -5°

Friday Partly sunny 0° / -6°

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Take Five

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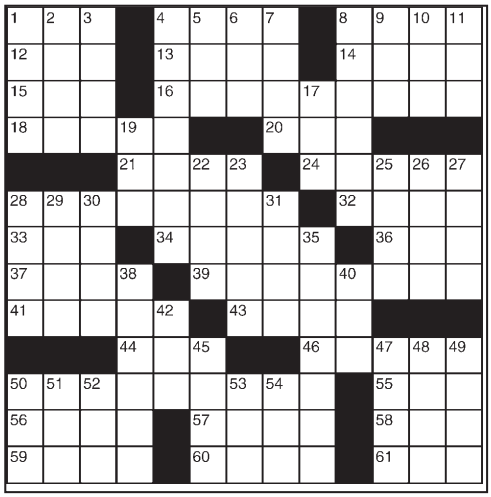

ACROSS

1 Burst
4 Old fogy
8 Gets on in years
12 Latin 101 word
13 Always
14 Hobbling
15 Zero
16 It might not indicate true worth
18 Seat at the bar
20 Rowing tool
21 Unpaid amount
24 Eccentric
28 King, queen or jack
32 "— Breckinridge"
33 Wood-shaping tool
34 Cornered
36 Brooch
37 Use a rotary phone
39 Friendster alternative
41 Scatter
43 Medicinal amount
44 Petrol
46 Lure
50 Means of maintaining dignity
55 Verily
56 In due time
57 Infamous lyre player
58 Recipe meas.
59 Peel
60 Remain
61 Weeding tool

DOWN

1 Skillets
2 Leave out
3 Horseback sport
4 Ricochet
5 Eggs
6 Calendar abbr.
7 Sandwich cookie
8 Old-style call to arms
9 Cowboy's sweetie
10 Ostrich's cousin
11 Witness
17 Moving truck
19 Praiseful poem
22 John Candy's role in "Spaceballs"
23 Tire pattern
25 Glitch in print
26 Threesome
27 Pull hard
28 Crazes
29 Mine entrance
30 Despot
31 Erte's art style
35 Ruin
38 Table with a map
40 Spelling contest
42 Existed
45 Without
47 Tale of the gods
48 Mexican money
49 Recording
50 Distant
51 Singer DiFranco
52 Opposed to
53 Animal doc
54 Mound stat

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8		3			
	4						7	
9	3	2				4	1	8
		8	3		7	2		
7								5
		4	2		9	8		
6	7	3				1	8	2
	8						5	
			1		6			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	5	6	3	8	1	9	7	4
7	8	4	9	5	2	6	1	3
9	1	3	7	6	4	8	5	2
3	2	8	1	7	9	4	6	5
5	6	1	2	4	8	7	3	9
4	7	9	6	3	5	2	8	1
1	4	5	8	9	6	3	2	7
6	3	2	4	1	7	5	9	8
8	9	7	5	2	3	1	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Mushroom Green Bean Casserole

INGREDIENTS:

1 lb (500 g) fresh mushrooms, sliced
1 large onion, chopped
1/2 cup (125 mL) butter
1/4 cup (50 mL) all-purpose flour
1 cup (250 mL) half-and-half cream
1 jar process cheese spread
2 tsp (10 mL) soy sauce
1/2 tsp (2 mL) pepper
1/8 tsp (0.5 mL) hot pepper sauce
1 can sliced water chestnuts, drained
2 packages frozen French-style green beans, thawed and well drained
2 tbsp (25 mL) slivered almonds

METHOD:

1. In large skillet, sauté mushrooms and onion in butter. Stir in flour until blended. Gradually stir in cream. Bring to boil; cook, stirring, 2 minutes or until thickened.
2. Reduce heat; add cheese sauce, soy sauce, pepper and hot pepper sauce, stirring until cheese is melted. Remove from heat; stir in water chestnuts.
3. Place beans in ungreased 3-L baking dish. Pour cheese mixture over top. Sprinkle with almonds. Bake, uncovered, at 375°F (190°C) 25-30 minutes or until bubbly.

SERVES 14

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There is so much in your life you have to be thankful for and today's Venus-Jupiter union will remind you how fortunate you are to have been born an Aries.

TAURUS ♉
APRIL 21-MAY 21
You won't have to go looking for excitement today. Wherever you happen to be and whatever you happen to be doing it will find you.

GEMINI ♊
MAY 22-JUNE 21
For some strange reason you are having all sorts of dreadful thoughts about tomorrow. On the contrary, life is good and about to get even better.

CANCER ♋
JUNE 22-JULY 22
Express yourself fully. If you are not flavor of the month already you will be in a matter of days, and you must take advantage of it.

LEO ♌
JULY 23-AUG 23
Don't miss out on a great opportunity just because you think it would be wrong to profit and have fun while other people are struggling.

VIRGO ♍
AUG 24-SEPT 22
Venus joins forces with luck planet Jupiter today, making it easy for you to ignore criticism and do what feels right to you.

LIBRA ♎
SEPT 23-OCT 23
Ultimately, we get out in proportion to what we put in, and with your ruler Venus influenced by Jupiter today there is no doubt you will give your all.

SCORPIO ♏
OCT 24-NOV 22
Something with a foreign or exotic flavor to it will capture your imagination today. It may even capture your heart.

SAGITTARIUS ♐
NOV 23-DEC 21
Even the most unemotional of Sagittarians will find ways to let partners and loved ones know how they feel over the next 24 hours.

CAPRICORN ♑
DEC 22-JAN 20
There is no guarantee that someone feels about you what you feel about them but don't let that stop you from admitting it.

AQUARIUS ♒
JAN 21-FEB 18
The Sun may be about to leave your birth sign but that does not mean you should try to cram in as much extra work as you can over the next 24 hours.

PISCES ♓
FEB 19-MARCH 20
With the Sun moving into Pisces tomorrow, you clearly have much to look forward to. Your special time of year is about to begin.

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10 Dundas Street
(416) 593-4850
Toronto Eaton Centre
220 Yonge St.
(416) 351-1522
2248 Bloor St. W.
(647) 426-4737
Royal Bank Plaza
200 Bay St.
(416) 915-8042
2901 Bayview Ave
(416) 849-8982

Waterdown
Village Plaza
62 Hamilton St. North
(905) 690-7797

Whitby
1549 Dundas St. East
(905) 430-2584
Whitby Town Square
3050 Garden St.
(905) 665-4632
3940 North Brock St.
(905) 556-1171

Woodbridge
9200 Weston Rd.
(905) 417-9325

Home can be in the middle of the Yukon.

Home can be pulling off the side of the road, just to see the sunset.

Home can be listening to your favourite song, in a snow storm.

Home can be just outside a coffee shop in Vancouver.

Home can be looking for the North Star out the panoramic sunroof.

Home can be going over the river to grandmother's house.

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